PRAYER WITH THE HARP OF THE SPIRIT

THE PRAYER OF ASIAN CHURCHES

VOLUME I

A WEEKLY CELEBRATION
OF THE ECONOMY OF SALVATION

PRAYER WITH THE HARP OF THE SPIRIT

A Weekly Celebration of the Economy of Salvation

"An outstanding contribution to Christian ecclesiastical literature."

Southern Chronicle, Trivandrum.

"This is a celebration of God's plan of salvation in a weekly cycle: the Coming of the Kingdom (Monday); the Kingdom made present in the word, the sacraments and the outpouring of the Holy Spirit (Tuesday); the Incarnation (Wednesday); the Eucharist (Thursday); the Cross (Friday) and the Consummation of all life, fruit of the Lord's Resurrection (Saturday) which introduces Sunday, the original feast of the Church."

Indian Journal of Theology, Calcutta.

"The book reflects in a remarkable measure the twofold concern of the Church Ecumenism and Dialogue, at a deep level, with particular relevance for India. Ecumenism, because it is the work of a community of Catholic monks which makes known to English speaking people the prayer of sister Churches, the Churches of the Syrian tradition, Asian Churches. Dialogue, because it opens the prayer of the Church to the main spiritual tradition of India, by integrating with it **Seeds of the Word,** i.e. hymns from the Vedas, the Upanishads and the Bhagavad Gita... It will be of immense help to all those who search for a spirituality truly Indian and genuinely Christian."

The New Leader, Bangalore.

ܒܝܬ ܡܪܕܘܬܐ ܕܡܠܦܢܐ
Liturgies: Phanqitho
Beth Mardutho Library

ܟܬܒܐ ܕܝܠܝ

ܕܡܢܗ ܕܢܫܐܠ ܐܘ ܢܩܪܐ ܐܘ ܢܦܠܓ ܐܘ ܕܢܫܩܘܠ ܡܢܗ ܡܕܡ ܢܬܚܝܒ ܠܗ ܕܠܗܘܢ ܐܝܟ ܕܓܢܒ ܡܩܕܫܐ ܬܗܘܐ ܗܢܐ ܡܚܪܡ ܘܠܐ ܢܫܪܐ ܠܗ ܫܪܝܐ ܥܕܡܐ ܕܢܦܠ ܟܬܒܐ ܗܢܐ ܘܐܦ ܕܡܢ ܕܢܫܩܘܠ ܡܢܗ ܡܕܡ ܐܘ ܢܦܠܓ ܢܬܚܝܒ ܠܗ ܕܢܬܚܘܪ ܠܗ ܒܬܪܝܢ ܐܝܟ ܕܓܢܒ ܡܩܕܫܐ ܗܘܐ ܕ

PRAYER
WITH THE HARP OF THE SPIRIT

THE PRAYER OF ASIAN CHURCHES

VOLUME I

A Weekly Celebration of the Economy of Salvation

Prayer with the Harp of the Spirit by Francis Acharya. Published by, and available at Kurisumala Ashram, Vagamon, 685 503 Kerala. First published, Transfiguration, 1980. Second Revised Edition Pentecost, 1983, Third Revised Edition, Exaltation of the Cross, 1996. Printed at C. M. S. Press, Kottayam.

PRAYER
WITH THE HARP OF THE SPIRIT

THE PRAYER OF ASIAN CHURCHES

VOLUME I

A Weekly Celebration of the Economy of Salvation

EVENING PRAYER NIGHT VIGIL MORNING PRAYER
FOR SUNDAY AND EACH DAY OF THE WEEK
TRANSLATED FROM THE ORIGINAL SYRIAC
AND ADAPTED WITH SEEDS OF THE WORD
FROM THE SPIRITUAL HERITAGE OF INDIA

Francis Acharya

EXALTATION OF THE CROSS 1996

KURISUMALA ASHRAM, VAGAMON 685 503, KERALA, INDIA.

A Persian Cross, as they are found in old Syrian churches in South India, venerated as the Life-giving Cross. Its power is symbolized by the Holy Spirit in the form of a dove that kisses its summit, and by the four rivers of living water which, like the four rivers of Paradise, flow from its foundation to the four quarters of the earth. This Cross is found in the church on Saint Thomas Mount, Madras. It is carved on a granite slab of about two feet square, in the centre of an arch resting on two pillars. The inscription on the arch, not yet deciphered, is believed to be in old Sanskrit of Persia. But the characters are described as Sassanian-Pahlavi, generally dated of the 7th or 8th century.

To the Community of Kurisumala,
my Brothers, on the Mountain of the Cross,
sadhakas, brahmacharis and sannyasis,
and our revered and beloved guests,
with whom we offer these prayers,
unceasingly, by night and by day,
with joy, on our holy mountain.

Let us take up our harps, beloved, and sing praise,
as King David took his harp inspired by the Holy Spirit.
Let us beg of our Lord in prayer that his calm and peace
may dwell in the four quarters of the earth.

Evening Prayer on Tuesday

Behold, the Wakeful Ones on high give ear
to the sound of the service of those on earth, and they say,
How sweet is the voice of the children of the earthly Adam
who sing praise with harps of the Spirit and offer thanksgiving.

Evening Prayer on Thursday

PREFACE

The Christian Mystery in the believer's experience is truly astounding. Words fail when, in meditation, he sounds the depth and height, the breadth and length of God's love revealed in Christ. While Western Christianity excels in clarity of expression, pregnant brevity and dogmatic definitions, the East, and very much so the Christian Orient, prefers the language of poetry in which parable, symbol and even myth make the Mystery present to the devotee and often bring him closer to the spiritual realities.

Such a prayer is truly God's gift to man. The Spirit of God does not only help our weakness by inward groanings with sighs too deep for words. He also inspires us with words expressing the new creation which He works out in us, and our liberating mutation into children of God: We have received the Spirit that makes us children, enabling us to cry: Abba! Father! In that cry, the Spirit of God joins with our spirit to make us aware that we are God's children. Our prayer proclaims our life relationship with God.

This was the prayer of Ephrem the Syrian, the monk-deacon of Nisibis, West Asia, in the fourth century, very aptly called by his contemporaries the Harp of the Spirit.[1] The Spirit truly made to flow from his heart streams of living water in the praiseful contemplation of God's great works, creation and salvation. Ephrem and his school of theologian poets have left a treasury of hymns in praise of the Lord of Nature and Scripture. To the eye of faith everything in Creation and in Scripture reveals the Creator:

> Wherever you turn your eye, there is God's symbol.
> Whatever you read, you will find his types. [2]

These were poets who combined an astonishing technical artistry with a richness of imagery that is, at times, breath-taking in its simplicity. Their poetry is literally woven out of Bible material. Their poems spring from the very same soil as the Old and New Testaments. Adam and Eve and Noah, and the prophets are as familiar figures as the apostles and the women disciples, the thief and the repentant sinners. They all are living witnesses to the Mystery of Christ unceasingly revealed by the Church.

As poets of the Christian Mystery they felt that only the paradox could convey the inexpressible: the Infinite that becomes Finite,

God who becomes man, that man might become God in Him. Ephrem himself points out in one of his hymns, Paradox gives birth to wonder and wonder to praise. To praise God is both the duty and the joy of every created being. A man without praise for God is like a land that is barren. The land is meant to bear fruit and man is created to have the joy of singing the praise of his Creator:

> While I live I will give praise,
> and not be as if I had no existence.[3]

Prayer with the Harp of the Spirit is a four volume publication which will make available in English, mostly for the first time, the treasury of prayer of Asian Churches. These Churches are often called the Syrian Churches, yet they represent much more than present day Syria. At one time they extended right across Asia, from the Mediterranean Sea to Persia, India, Mongolia and up to the eastern shores of China. When Christianity broke away from Judaism, the Asian Christian communities were the first to create their own hymnody for the celebration of the Christian Mysteries. In this sphere of life they have exerted, very early, a deep influence on the Byzantine and Latin Churches. And they have left behind them a liturgical tradition which is one of the richest to be found in the spiritual heritage of the Christian Churches.

The last three volumes contain the prayers for Sundays and feasts of the Seven Seasons of the year:

Vol. II Seasons of the Annunciation and of the Lord's Nativity-Epiphany. Feasts of November, December, January and February.

Vol. III Season of our Lord's Fast, Passion, Night of the Resurrection and the Feast of the Annunciation to the Mother of God.

Vol. IV The Seasons of the Resurrection, of the Apostles, of the Transfiguration and of the Cross. Feasts of April, May, June, July, August, September and October.

Volume I, the present volume, deals with the weekly celebration of the Economy of Salvation.[4] It is based on *The Book of Common Prayer,*[5] which has, however, undergone a deep mutation described in detail in the Introduction. While the volumes for the Sundays and feasts of the year are a translation of the *Penqitho,*[6] with selections and

adaptations in the spirit of the aggiornamento of the Second Vatican Council, this volume reflects more the prayer experience of our community, the brotherhood of Kurisumala Ashram, dedicated to fostering the dialogue of committed Christian believers and monks with the living faith of the people among whom they live, Hinduism, through prayer.

Since the Second Vatican Council encouragements for the work of dialogue have not been lacking. We have recalled in our Introduction to this book the words of the late Pope, Paul VI, at the Eucharistic Congress of Bombay, in praise of an Upanishadic mantra: *Rarely has the longing for God been expressed with words so full of the spirit of Advent...This is a prayer which belongs also to our time. Today more than ever it should rise from every human heart.* As a monastic community dedicated to this dialogue, we have heard the call to venture on this new path years ago. This book is a sharing of our prayer experience with our readers. Such prayers have been used for meditation in dialogue meetings, but it is perhaps the first time that they have been integrated in the Churches' celebration of the Economy of Salvation. After all, are the *Seeds of the Word* not an integral part of it? Hence our book has been described in reviews of its first edition as 'A beautiful example in the field of liturgical prayer, of aggiornamento and adaptation to the Indian situation. It is faithful to its roots, yet not static. It opens up to the religious traditions of India, yet remains deeply Christian. It is Syrian in inspiration, yet universal in appeal. A truly remarkable book, perhaps the first of its kind ever attempted...one that could become *The Book of Common Prayer* for the Indian Church.' [7]

We offer the present work as an earnest response to an appeal of the Holy Father to foster dialogue between Indian culture and Christian faith. In his message to the Malankara Church on the occasion of its Golden Jubilee celebrations, at Christmas 1980, Pope John Paul II said:

> 'Work with fervour to bring Christian unity to completion... Encourage dialogue between Indian culture and Christian faith... As understood by Archbishop Ivanios, Bharat contributes abundantly to the faith by its culture... Work to make the Christian faith reach everywhere, and to assimilate the values of Indian culture.'

Our prayer life at Kurisumala, as reflected in our book, is such an experiment in assimilating the higher values of Indian culture enshrined in the sacred scriptures of India. It is also in tune with the invitation made at Bangkok by the papal delegate to make courageous experiments in inculturation. Speaking for the Holy Father at the Meeting of the Federation of Asian Bishops' Conference held in October 1982, Archbishop Lourduswamy, Secretary of the Sacred Congregation for the Evangelization of Peoples declared:

> 'It is important that the bishops see the need for apostolic solicitude in the thinking out of new, ingenious and courageous ecclesiatical experiments in inculturation, under the influence of the Holy Spirit, who is, by nature, creative.'

And finally a response also to our own Catholic Bishops' Conference gathered at Trivandrum in January 1 96. In their Pastoral Letter in Preparation for the Jubilee year 2000, published in July 1996, the section on the conversion that should take place in herself, we read:

> The Church in India has to shed the image of an institution that lives for itself, and acquire the awareness that she is essentially a community in a state of mission for others...She must develop a capacity for contemplation...Interreligious dialogue should become an indispensable element in this, not only on the level of the elite and hierarchy, but above all on the level of every diocese, parish and individual. It should become a reality at the grass-root level. Further, a deep insertion into the cultures and traditions of the people is necessary if she is to make the Mystery of Christ relevant to our land. Inculturation is therefore an absolute need...

The sub-title of this edition, The Prayer of Asian Churches, originates from a double concern: to clarlfy the title which left the reader uncertain about the specific subject of the book, and to respond to the suggestion of some of our readers and reviewers that the book be offered as a Book of Common Prayer for the Church in India and eventually Asia.

F. A.

FOREWORD

by

George Nedungatt, S. J.
Professor at the Pontifical Oriental Institute, Rome.

In 1965 Bede Griffiths, a founder monk of Kurisumala Ashram brought out an English translation of the *Sh'himo,* the canonical hours of the weekdays, under the title *The Book of Common Prayer of the Syrian Church.* A revised edition of the same work is now published by the other founding father of Kurisumala Ashram, Francis Acharya. Harp of the Spirit, in the title, is an allusion to Ephrem the Syrian, and is inspired by Sebastian Brock's translation of Ephrem's poems under the same title. It also evokes the spiritual yearning of the Indian soul, finding utterance in the Church, now brought out in the new sub-title *The Prayer of Asian Churches.*

The present work is indeed more than a revision of the previous one; it is almost a new translation. What is more, it incorporates new material while omitting certain portions of the original Syriac text. Francis Acharya acknowledges that the present revision reflects twenty five years of prayer experience of the monastic community of Kurisumala. It is not meant to satisfy students of liturgy who want an easy access to the contents of the Syriac original; it is dictated by an eminently practical scope. Kurisumala Ashram has spearheaded the inculturation of the monastic life in the West Syrian rite of the Malankara Church (Catholic). It is a community dedicated to fostering the dialogue of committed Christian believers and monks with the living faith of the people among whom they live, Hinduism, through prayer, says the author. No wonder if its prayer life could not be satisfied with a mere copy, be it in a fairer translation of the Syriac original reflecting still the prayer life of another culturally different local Church. Two Churches may be united in faith but separated in culture, or may be united in culture but separated by faith. Only this latter type of separation, irrespective of culture, is usually considered Church division that is of interest to traditional ecumenism, but the former is no less problematic, as is being realized more and more in India today, where inculturation is gathering momentum, though not without occasional pitfalls and setbacks. Francis Acharya has not set out to satisfy the academic

liturgist interested only in a full and faithful translation; he has sought for bread of life to satiate the yearning soul of India. Accordingly, with an apology that may seem at times excessive (cf. Introduction), he has incorporated into the Common Prayer *Seeds of the Word* from the spiritual heritage of India, that is to say, selected passages from the sacred scriptures of Hinduism. The overall effect is a happy blend.
A few examples:

O Thou that art manifest, be Thou manifest to us:
From the unreal lead us to the Real,
From darkness lead us to Light.
From death lead us to Immortality.[1]

This is a well known prayer for being initiated into the Mystery of the Absolute, taken from Brihad Aranyaka Upanishad I, 111, 28. Another example. If Christian Scripture had affirmed God as love Hindu Scriptures have intuited yet another truth: God is joy.

Absorbed in *tapas* and spiritual prayer,
he saw that God is joy.
From joy all beings have come.
By joy they all live.
And unto joy they all return.[2]

The Indian setting has lent its colouring and imagery in passages like the following:

How much closer to God shall we be when our faith
is not simply in word or speech but in deed and in truth,
and immovable as the Himalayas,
and as white and bright as the snow of its peaks![3]

Here and elsewhere Francis Acharya has freely used his sources with striking effect, reflecting the Christian freedom and creative genius of the great masters of liturgical prayer in the past. This is seen not only in the additions but also in the omissions. Passages are omitted for their Jewishness (Psalms of Jewish chauvinism, for example) or for their anti-Jewish polemic (Ephrem was anything but irenic, after all). The small hours are omitted (they are anyway secondary later accretions); so again, the duplication of *Sedros* and *Qolos* (these and other Syriac terms have been replaced

by their English equivalents) in the Evening and Morning Prayers is eliminated. In the Evening Prayer, the lamp-lighting rite, common to all Oriental liturgies, is restored and thrown into relief by the adoption of the ancient jewel of a hymn:

> Joy-giving light of the holy glory
> of the heavenly and immortal Father...

A small rubric leaves this rite optional: *Lamp-lighting hymn before the Service, if convenient.*

Briefly, with such additions, omissions and new compositions, the original *Book of Common Prayer* has undergone a deep mutation, as Francis Acharya himself frankly recognises. And thereby it has become Indian without ceasing to be Christian. If it was Indian before, it was so for history, not for culture.

Further, not without interest are the simple illustrations of religious symbols: the Persian Cross, the Dravidian icon of Christ—a highly significant representation of Christ—the wheel, symbol of the roll of time and life, the peacock—symbol of immortality and national bird of India etc. A monogram combines the Hindu pictograph AUM with Moses' Burning Bush and the Christian Cross. Though the author gives reasons for the combination, some may still wonder if mixed symbols in art are any better than mixed metaphors in literature. At any rate one should appreciate the *oeconomia* that seeks to salvage the rich religious symbol AUM for the Church in India in a time of controversy.[4]

Finally, apart from all doctrinaire appreciation, I can say as an Indian, that I have used Prayer with the Harp of the Spirit for personal prayer with great relish and satisfaction. I have prayed the divine office in various rites: Roman, Chaldean, Byzantine, Antiochean. The present version of the last mentioned has helped me most of all in a contemplative approach to prayer. I can only wish that such will be the experience of many others as well.[5]

CONTENTS

	Page
PREFACE	VII
FOREWORD by George Nedungatt, S. J. ...	XI
INTRODUCTION A WEEKLY CELEBRATION OF THE ECONOMY OF SALVATION	
Ancient Origins of Christian Worship ...	1
The Celebration of God's Works ...	2
Renewal through a Search for Authenticity and Creativity	6
Continuity and Tradition in the Memorial of Christ	7
Prayer of the Whole Human Family ...	
The Church's Renewed Interest in the Seeds of the Word	9
Two Strains of Seeds of the Word ...	11
Structure of the Services and their Component Parts	13
Theological and Contemplative Qualities of Eastern Worship	15
Existential Character Appealing to Modern Man	16
A Weekly Celebration of the Economy of Salvation	17
The Economy of the Holy Spirit	
Man's Ultimate Destiny: the Resurrection of the Bodies.	
The Daily Mysteries	18
A Word about the Translation ...	19
Dom Bede Griffith's Appreciation	22
The Mind of the Church on the Seeds of the Word	
THE BOOK OF COMMON PRAYER	
Common Prayers	25
Common Evening Prayers	27
Common Prayers for the Night Vigil ...	31
Common Morning Prayers	38
Monday: Evening Prayer ...	44
Night Vigil ...	52
Morning Prayer ...	63

Tuesday:	Evening Prayer ...	72
	Night Vigil	80
	Morning Prayer ...	91
Wednesday:	Evening Prayer ...	100
	Night Vigil	107
	Morning Prayer ...	118
Thursday:	Evening Prayer ...	128
	Night Vigil	135
	Morning Prayer ...	145
Friday:	Evening Prayer ...	154
	Night Vigil	161
	Morning Prayer ...	172
Saturday:	Evening Prayer ...	182
	Night Vigil	189
	Morning Prayer ...	199
Sunday:	Evening Prayer ...	208
	Night Vigil ...	220
	Morning Prayer ...	237
Notes		253
Index of the Seeds of the Word		261
Bibliographical Note		263

INTRODUCTION

THE PRAYER OF THE CHURCH
A CELEBRATION OF THE ECONOMY OF SALVATION

The renewal that is spreading in the Churches all over the world since Vatican II has certainly created a greater liturgical awareness. The Church's worship is becoming more and more the prayer of the people of God. Yet this does not always result in a deeper understanding of the worship of the Churches. Prayer is something more than putting requests before the Lord, though this always remains needful. Prayer aims at communion with God. Prayer is life. It is the quickening of our life in him, the realization of His life in us. It is because our life in Him is through our Lord Jesus Christ, because our way to God the Father is through the Son, in the Holy Spirit, that Christian prayer is foremost the prayer of Christ. It is now set forth in His body, the Church made of the communities of believers scattered all over the world and gathering together wherever they are, to offer with Him praise and thanks-giving for God's great love and all His works for humankind. In Christ the perfect achievement of our reconciliation came forth and the fulness of worship is given to us. The mission of Christ is set forth in the liturgy of the Churches. The Economy of Salvation is made available to the believers in divine worship: Day by day the liturgy builds up those who are in the Church into the Lord's holy temple, into a spiritual dwelling for God. This enterprise must continue until Christ's full stature is attained, until the Church attains the fulness of being, the fulness of God Himself who is over all and through all and in all. It is because the liturgy is the re-enactment of the saving actions of God, in Christ, making them active again to be communicated and shared by those who celebrate them, that the prayer of the Church has to reflect, as in a prism, the whole history of salvation.

Ancient Origins of Christian Worship

The great cultural families of the Church: Syrian, Greek, Latin, and others, have built up in the course of the first thousand years of

their life a wonderful treasury of prayer services for divine worship. Like the Bible material out of which they are woven, their origins can be traced back beyond the Mosaic Covenant beyond the divine promises to Abraham which mark the beginning of biblical revelation, up to the earliest religious awakenings of humankind. It is written of Enosh, Adam's grand-son by Seth, that "He began using the Lord's holy name in worship." This treasury of worship, man's common spiritual heritage, grew first from the seed of all religion, man's dependence on God acknowledged in the offering of the fruits of the earth, and soon celebrated in agricultural festivals already alluded to in the story of Abel and Cain. Later this God-awareness was enriched by salvation experiences, as that of Noah from the flood. Similarly it was the victory of Abraham over the kings who had plundered his kinsman's possessions and captured Lot that inspired the first *Eucharistic Prayer* recorded in the Bible. It was offered by Melchizedek, the Canaanite priest-king of the Most High, to whom the New Testament traces back Christ's own priesthood. In his offering of bread and wine the Church has seen a prefiguration of the Eucharist, a foreshadowing of the Eucharistic Celebration: "Praise to the God Most High. Creator of heaven and earth, who gave you victory over your enemies." At this stage the worship of the people of God is not distinct from the worship of the nations. Both have the same origins and the same structure. There is *communicatio in sacris* between the father of believers and the Canaanite priest-king of the Most High, Creator of heaven and earth.

The Celebration of God's Works

The last decades of this century have witnessed a rediscovery of humanity's responsibility for the maintenance and the well-being of the planet earth - not to speak of its deterioration and even its possible destruction. Theologians who have become aware of Christianity's liability in this respect are now making a new reading of the Bible in this light. They discover a complex of themes concerning ancient covenant–thought shared by Israel with other West Asian religious cultures, which prompts them to point to a Cosmic Covenant, to be aligned with the Mosaic and New Covenants. Theologically, they say, this implies a broader understanding of revelation and of the workings of God's grace in the world.[1]

A most impressive, though also mysterious, witnessing to this view is found in the eighth chapter of the Letter to the Romans: Paul's vision of the suffering of the creation associated with the sin of the human family but also with its salvation, when the sons of God will be revealed. Both humankind and the creation are on the way that leads to glory, the glory to be shared in "the new heaven and the new earth."

In such circumstances it is most refreshing, when turning to the Syrian Churches, to discover how remarkably this cosmic dimension is integrated in their prayer services. This can be traced back to St. Ephrem who in his *Hymns on Paradise* speaks of the Creation and Scripture as the two acknowledged witnesses to the Creator. And he confirms this assertion by the constant and most astounding recourse he makes to Nature in his hymns. The praise of the creation is also prominent in all our Church's celebrations, but we shall restrict ourselves here to the Book of Common Prayer.

The Evening Prayer, the Night Vigil and the Morning Prayer are always related to the cosmic order at the outset. And this is made more manifest by the lighting of oil lamps at sunset and at night, with the singing of accompanying hymns. Our services can be considered as celebrations of these privileged - we would like to say, - sensitive moments of the day and the night, expressing a distinctive relationship of the assembly with her Creator and Saviour.

In the Evening:

> Grant us, Lord God, that while our bodies rest from the labours of the day, and our minds turn to You as to the inner light, we may experience Your presence in the calm and serenity of this evening hour.[2]

At Night:

> Awaken us, Lord, from our sleep in the sloth of sin, that we may praise Your wakefulness, O Wakeful One who do not sleep.[3]

In the Morning:

> Creator of the morning, who drive out the darkness and bring light and joy to the creation, create in us habits of virtue, and

> drive away from us all the darkness of sin. With the light give us joy by the glorious rays of Your grace, Lord our God, for ever.[4]

And this is true not only of the structure of the prayer itself but also of its texture and fabric. The assembly gathered for prayer stands as the representative of the creation:

> In the evening when the light sets upon earth, enlighten us, Lord, to praise You for Your creation... Priests of old sang praise at the evening hour. At dawn and at dusk, the law says, sacrifice must be offered. So in the evening priests offered praise to Your Godhead.[5]

As St. Ephrem observed, when God created Adam, He gave him speech , so that he might offer praise. The praying community is therefore the voice of the creation:

> With the fading of the day, give us light to praise Your works. Be to us like a sun that we may not stray in the dark. Our sacrifice is our praise, our burnt-offering a song of love. They who have a tongue give thanks for those who cannot tell.[6]

Yet the Church recognizes also the cosmic order as a witness to the Creator in its own right. She speaks of it as 'offerings of sweet odour' - possibly an allusion to Noah's sacrifice after the flood, of which 'God smelt the good odour'. She sets in parallel the unbroken succession of mornings and evenings with the praise of the worshipping assembly:

> The mornings and the evenings praise You, Lord, in their variations and present to You the good odours of their gifts. The priests and deacons of the whole Church praise You, who gladden us with Your glorious light. To You be praise.[7]

At times our prayer evokes that which is spoken of in our days, as nature mysticism:

> In the middle of the night David rose to give praise for the wonders of the Divinity and the laws of the Most High. He looked up to heaven and saw the firmament, the stars and the beauty of their courses. He felt the peace and calm of the creation, his heart was filled with wonder and he gave thanks to You, Lord, halleluia, because he saw these marvels.[8]

The Church addresses her Lord as 'the Lord of the mornings and of all seasons' and she is fond of recalling the biblical events with their time connexion:

> In the morning Jacob the Just was awakened from his sleep. He marvelled at the ladder which was set upon the earth while its head reached to heaven and the angels and Wakeful Ones of the heights ascended upon it, carried up on high.[9]

> By night our Lord walked upon the Sea of Galilee. And by night the disciples cried: Lord, help us! Like them we call upon You, Lord, come to our help.[10]

And the theme of universal peace, central to the ideal world order of the Cosmic Covenant, is given its place; an eternal covenant between God and all that lives:

> At the time of morning the dove was sent from the side of Noah the Just, because of the waters of the flood. And the dove returned to the ark with a branch of olive, the sign of reconciliation and peace.[11] At the time of morning there was a sign of peace in the sky. A bow of fire stretched out, and the Most High made this declaration: I will not make a flood again henceforth and for ever.[12]

More touching still is the evocation of divine praise as an instrument of peace in the creation, peace between wild animals and humans:

> At the time of morning, King David sang to his harp songs of the Holy Spirit, and all the animals came and assembled, at the sweet sound of his song, as he sang, halleluia.[13]

To this should be added that this cosmic character is a precious link of our prayer with the worship of India and of Asia as a whole. Here and there not only prayer, meditation and worship, but also feasts of the year are regulated by the order of creation, the courses of the stars, of the sun, and of the moon. Evening and morning, midday and midnight, known as *sandhya* or junctions, are held as moments charged with auspiciousness, blessedness and therefore potent for spiritual awareness and growth.

We have dwelt at length on the cosmic dimension of our prayer, not to suggest that this is the Church's main concern, but rather on account of the actuality of this subject in our present world. Yet it is also a distinctive quality of the Syrian spiritual tradition. The worship of the people of God, which was shared with that of other neighbouring people at the time of their ancestor Abraham, as we have observed above, took on a distinctive historical character, at the time of the liberation from the slavery of Egypt. The celebration of the Passover was a memorial of God's intervention in their favour, while Pentecost celebrated His Covenant with them, through the mediation of Moses, on Sinai. It acquired more distinctive structures in the temple worship of Jerusalem with its annual festivals, its daily sacrifices and its hours of prayer, of which King David is traditionally held as the initiator. The Church inherited this tradition from Judaism, but she enriched it with the divine power given to her, when Christ entrusted to her His Memorial, the Holy Mysteries. Her worship perpetuates, makes present and active, God's saving actions, in space and time. In her celebrations the worshippers come to share in God's life by entering into communion with Him. It is the unfolding of these events, these Mysteries, which is celebrated in our Book of Common Prayer. This weekly celebration of the Economy of Salvation is described in detail, according to each day of the week, in a further section of this Introduction: The Daily Mysteries. But the climax of the Church's celebration remains the Eucharist. This Mystery of the ultimate, though animated in its celebration here below by the word of God revealed in time, makes us reach out beyond time, to the consummation of life: "The words I have spoken to you are spirit and life." They give life eternal to those who receive them: "He who believes in Me, has eternal life."

Renewal through a Search for Authenticity and Creativity

With the re-evaluation of religious beliefs and practices taking place in our time all over the world, and in a very searching manner in the Catholic Church in the wake of Vatican II, the prayer of the believers is being re-appraised with Christian living as a whole. This renewal is animated by a search for authenticity and creativity. The general use of the vernacular introduced by Vatican II only served to reveal the extent to which this search for authenticity is to be carried out. Stereotyped formulas and thought-patterns long in

use in old dead languages are now often found inadequate and outdated. Moreover the aspirations of modern man, his understanding of God and of the ultimate realities together with the new awareness of the social dimension of religion, must find their expression in his prayer if it is to act as a leaven in it. Yet this must be done in a language showing reverence for God and for the mysteries which accompany our drawing near to Him, while making us experience His presence among us. Under the guidance of the Holy Spirit whose mission it is to lead the Church to the fulness of truth, her own understanding of the life and work of Christ is growing in the light of the *signs of the times*. Such growth should precisely be the fruit of the prayer life of the Churches and of the true believers who, like Mary, treasure in their hearts the words and deeds of Christ,in contemplation and study, confronting them with the spiritual things they experience. We also see more clearly the ever increasing demands of the love of neighbour, even at the level of the universal brotherhood of humankind, the awareness of which is forced upon us by world history.

Continuity and Tradition in the Memorial of Christ

Yet if spontaneity and creativity seem to be the great need of our times for the fructification of Christian worship in our lives, the prayer of the Church must always preserve its essential character of *Memorial of Christ*. For this it must remain first of all objective. It is a celebration of Christ's work. From the common consciousness of this unique object results a certain identity and continuity, in spite of changing circumstances and of the diversity of cultures. It also requires a certain clarity of expression. Such prayers will be endowed with the qualities of the Holy Scriptures out of which they are woven. On account of the riches of their content, they will lend themselves, like the Holy Scriptures, to represent the unfathomable mystery of Christ and God manifested in our midst. Such re-interpretation will help towards revealing their deeper meaning. It was this that led in the past to the golden age of liturgical creativity, of which Ephrem the Syrian may be considered as the Christian David.

Prayer of the Whole Human Family

However the time has come to glory in the traditional prayer of the Church, not as a field of clerical exclusiveness or as the preserve of monasteries, but as the ever-flowering garden, and overflowing

fountain of life for the people of God all over the world. World history is presently dominated, in an irreversible manner, by the new awareness of the universal brotherhood of humankind revealed very forcefully in our time, in spite of the national consciousness of the peoples recently emancipated from colonialism. In the sphere of religion this is expressed in *ecumenism,* the movement of reconciliation and re-unification of the Christian Churches into the one body of Christ. It is also manifested in the *dialogue* now taking place among the great religions, in mutual respect and appreciation for their distinctive merits and insights. The Church of Rome which joined this movement officially during the Second Vatican Council, has created for this purpose three new Secretariates: for Christian Unity, for Non-Christian Religions and for Non-Believers, which have to promote this work and to ensure its continued progress. However the new relations created with the great religions cannot remain at the level of official meetings, seminars, conferences, with academic declarations by theological commissions of separated Churches. They have to reach the heart of God's people and this will happen only if they are reflected in the prayer life of the Churches. Those which constitute minority groups in the midst of other living faiths have a very special responsibility and duty to give this new dimension to their prayer. Otherwise how can we maintain that the Church is *the sacrament of unity of humankind?* If this is to happen the prayer of the Church has to become truly the prayer of the whole human family.

This surely is a delicate task for which we are confronted with very serious problems, like that of the relation between the sacred scriptures of the great religions and the biblical revelation, or that of the significance of their particular symbolisms and the extent to which they can be assimilated. Some papal directives of the past, like those of Gregory the Great to the monks whom he sent for the evangelization of England in the seventh century, were extremely broad: *Do not destroy anything that can be made to serve in God's kingdom, rather convert things and peoples to the Gospel.* In the post-reformation centuries the presence of the Churches in Asia and Africa was very much linked with the colonial powers, and missionaries generally shared their views. The use of the Chinese rites created by the Jesuits was soon forbidden. De Nobili's work in the Madura mission survived only

for a short period and amongst the greatest difficulties. But with the reawakening of legitimate nationalisms as the birth-rigth of all peoples, the Church is favouring a revision of such policies. The very use of the vernacular, now everywhere in force or encouraged, calls for further adaptation to other arts: music, poetry, thought-patterns and religious symbolism, lest the translations only serve to bring out more conspicuously the foreign character of the Church's worship.

Such an adaptation has been started here on a modest scale. Our first step was to remove from our prayer expressions which could not be reconciled with the present understanding of, and respect for other living faiths. Syrian prayers had often used expressions offensive to Jews. We have also habitually broadened the horizon and perspective of our prayers beyond our particular Church, habitually called *the Church* in an exclusive sense, to all the Churches and to the whole world—the *four quarters of the earth*—as it is often referred to in the prayer of the Syrian Churches, though the geographical frontiers of this world are sometimes narrowed down, as when they are linked with their own saints: the martyrs of Sebaste (Armenia), in the north, Thomas the apostle in the east (India), Simeon the pillar-saint in the west (Antioch on the Mediterranean coast), and John the Baptizer, near the Dead Sea, in the south.

The Church's Renewed Interest in the Seeds of the Word

In an attempt *to assimilate the ascetic and contemplative traditions* of India, a missionary task of the Church recommended by VaticanII, we have introduced in each prayer service, a hymn from the sacred writings of India called *Seeds of the Word.* This phrase, in common use since Vatican II, is borrowed from the early fathers of the Church to designate the rays of the truth which enlighten all men, the divine revelation found in the sacred writings and traditions of the great religions of the world. Pope Paul VI himself, in his address to the representatives of the religions of India who had gathered to meet him at the Eucharistic Congress of Bombay, in Advent 1964, very boldly recommended using such prayers. It was with reference to a famous Upanishadic mantra:

> Yours is a land of ancient culture, the cradle of great religions, the home of a nation that has sought God with a relentless desire

> in deep meditation and silence and in hymns of fervent prayer. Rarely has this longing for God been expressed in words so full of the spirit of Advent as in the words written in your sacred books many centuries before Christ: 'From untruth lead me to the truth. From darkness lead me to the light. From death lead me to immortality'. This is a prayer which belongs also to our time. Today more than ever it should rise from every human heart.

Eleven years later in his Encyclical on Evangelization of the Modern World, the Holy Father confirmed this teaching in a still more authoritative and more universal manner:

> The non-Christian religions carry within them the echo of thousands of years of searching for God. They possess an impressive patrimony of deeply religious texts. They have taught generations of people how to pray. They are all impregnated by *innumerable Seeds of the Word* and can constitute a true preparation for the Gospel ... In the mind of the Lord the Church is universal by vocation and mission; but when she puts down her roots in a variety of cultural, social and human terrains, she takes on different external expressions in each part of the world...

Can the Church continue to ignore in her prayer, as it is done at present, even officially, this impressive patrimony of deeply religious texts...the echo of thousands of years of search for God....which have taught generations of people how to pray....all impregnated by innumerable *Seeds of the Word,* as she herself declares in the person of the Holy Father, without being unfaithful to her mission? Is not the prayer of the Church the memorial of Christ? Is it not the celebration of God's works and especially His work of salvation, when prior to the preaching of the Gospel He planted in ancient cultures...ascetic and contemplative traditions, by which we cannot but understand His own work of salvation? God's grace for the salvation of humankind has always been at work ever since man fell away from His love. The power of salvation manifested—though in an unfulfilled manner—in the world religions, must find a place in the prayer of the people of God. God's own works cannot be ignored or denied by believers. This would be sinful.

Two Strains of Seeds of the Word

In our search for such *rays of light in the treasures which the bountiful God has distributed among the nations of the earth, while gladly and reverently laying bare Seeds of the Word hidden,* in the sacred books of India, we have identified, so to say, two strains. First the *Seeds of the Word* which witness to spiritual experiences similar to those recorded in the Bible, and second those which reveal charisms which must be acknowledged as belonging in proper to the search for God pursued in India.

The first have been made use of by weaving together in the same hymn such common experiences or intuitions. They are our daily seeds of the Word, at the Evening Service. They touch on the following themes: the vision of God in His own light, the all pervading presence of God in the creation, the mystery of life perceived as rooted in God's *breath* or *spirit,* the sacredness of food and its use for man's communion with God, God's transcendence as well as immanence: The God of forms infinite yet hidden in the heart of things even as cream is hidden in milk, experienced in Christianity as dwelling in the heart of the believer, and finally the existential nature of God experienced as the One-Who-Is, the ground of all being and existence.

It has been found quite remarkable, at least in some instances, how spiritual experiences lived in altogether different cultural and religious traditions have come to be expressed in almost identical terms, while preserving nevertheless their own proper features. A striking and very meaningful example of this is the *vision of God* seen as man's ultimate destiny. In the Book of Revelation , in accordance with the biblical understanding of salvation as a social reality it is seen as a city:

> This city has no need of sun, or moon to shine upon it. The glory of the Lord gives it its light and the Lamb is its lamp. In it are gathered people from every race, tribe and nation, a great multitude which no man could number, worshipping and calling out: Salvation comes from our God and from the Lamb.[14]

Mundaka Upanishad describes man's supreme spiritual attainment as realized in the city of Brahman. But here the city is the heart of man:

> In the city of Brahman....in the region of the heart the wise find Him as joy and light and life eternal....He is the radiant light of all lights.....There the sun shines not, nor the moon nor the stars; lightnings shine not there and much less earthly fire. His radiance illumines all this world[15]

We could mention here also the baffling intuition, in Brihad Aranyaka Upanishad, of suffering and sacrifice as active in the creation and in the manifestation of its glory, expressed in words which recall those of Jesus himself on the eve of his passion:

> He (the Supreme Self) created the mind...
> Then He moved around. offering praise...
> He longed to sacrifice with yet a greater sacrifice.
> He wore himself out in fierce penances.
> And from Him worn out and consumed by fierce penances glory and strength issued forth.[16]

Can we read this while searching for *Seeds of the Word* without being reminded of Jesus' words to his disciples, at the last supper?

> How I have longed to eat this Passover with you before I suffer! I shall not eat it until it finds its fulfilment in the Kingdom of God, the glory of the Kingdom.[17]

The other strain of *Seeds of the Word* has been chosen not on the basis of similarity but because it reveals a charism proper to India in her search for God and pursuit of sainthood. Biblical sainthood is deeply marked by its historical character. Prophets were raised by God to liberate His people from the slavery of oppressors, from the ordeal of exile or of foreign domination. Jesus himself became obedient unto death even death on a cross. For many centuries Christian sainthoood was attained almost exculsively through martyrdom. Even today the calendar of saints of the Church of Rome is called Martyrology. When martyrdom was no more available, with the end of the persecutions, radical discipleship of Jesus was pursued with the help of substitutes for martyrdom. The fathers spoke of perpetual chastity as the white martyrdom and of penance as the green or grey martyrdom. The Christian Orient also knows the *invisible martyrdom* in which, according to Saint Isaac of Nineveh, the order of monks should always excel. Even here in India our

most popular saints endured the red martyrdom, the martyrdom of blood: Thomas through the spear-thrust, Sebastian through the shooting of arrows, George by being beheaded, and he is himself depicted with sword in hand killing the cruel dragon.

Against this the image of sainthood projected by India, from the time of the Bhagavad Gita to our own days is one of peace and serenity, of harmony and inner freedom. It was felt that this is an original contribution to the sainthood of the human family which should not be neglected or ignored by Christians, especially in India. In witness of this we have included in our prayer several *Seeds of the Word* from the Bhagavad Gita:

> Who is My true devotee? says the Lord.
> He who has no thought of I or mine,
> who has goodwill for all creatures,
> who is friendly to all and full of compassion,
> even-minded in pain and pleasure, and who is forgiving.
>
> The yogi ever content and full of My joy,
> whose soul is in harmony, whose determination is strong...
> He whose peace is not shaken by others
> and before whom other people find peace,
> beyond excitement and anger or fear...
>
> He who is free from vain expectations and is pure,
> who is wise and knows what to do,
> who in inner peace watches both sides,
> who shakes not, who works not for himself but for God,
> this man loves Me and he is dear to Me.
>
> He who offers to Me, says the Lord, with devotion
> only a leaf or a flower or a fruit, or even a little water,
> this I accept from the yearning soul,
> because with a pure heart it is offered with love.[18]

Structure of the Services and their Component Parts

In the re-framing of the Evening Service, in commemoration of God's work of creation, we have brought out more clearly the celebration of the evening, very commonly observed by the people in India—especially Hindus—by the ritual of lighting the oil lamp,

kuthu vilakke. For this we have substituted for the initial Trisagion an ancient Christian evening hymn, which originated in West Asia and is sometimes attributed to Basil the Great: Joy-giving Light. It is a song of joy for the light that dispels the darkness of the night. It raises our minds to the real light, the Word, who by His life brings light to the world. After the evening psalms follow hymns of praise, the first of which celebrates the evening with the incense offering, then a hymn from the sacred writings of India, a *seed of the word.*

We have also provided a celebration of the Economy of Salvation spread over the seven days of the week, which is more fully described at the end of this introduction. Each day celebrates a particular mystery of Christ's work, brought out both in the initial Response and in the Service which makes up the second part of the Evening Prayer, of which the climax is the Eucharistic Prayer. For the hymns, the usual themes have been preserved: the Mother of God, the saints, repentance, Sunday, Friday and the Cross, the Church etc. But they have also been enriched by new hymns, as on Vigilance, the Eucharist, the Love of God. The daily hymn for the Departed, when this was needed, has been recast into a hymn for the Resurrection. The first three days of the week celebrate respectively the mysteries of repentance: *metanoia* for the coming of the Kingdom, the Church with the word of God, the sacraments and the Holy Spirit who gives them their efficacy, the Incarnation and the Mother of God. The last three days celebrate Christ's gift of the Eucharist to His disciples, His passion and the mystery of the Cross. At the end of the week, symbol of the end of time, the *parousia* and the general resurrection for life eternal. The structure of the Night Vigil (Lilio) and of the Morning Prayer (Sapro) has been preserved in its integrity, except for our doing away with the duplication of Sedros and Qolos at the Morning as at the Evening Services.

Like the other great liturgies of the Church, Syrian worship has a variety of component parts designated by names that sound rather enigmatic to us. For the sake of clarity and simplicity, in this English translation, we have replaced them by current liturgical terms, without loss of meaning. They are: Prayers, Psalms with their Responses, Acclamations, Hymns and Supplication Songs. The last two are metrical compositions based on the number of syllables and the length of the stanzas. They are called by the name of the

hymnodists who favoured them: Ephrem, Jacob of Saroug, Balai. Though there is always a supplication in the opening and concluding verses of the Supplication Song, it generally includes also praise or exhortation. A remarkable Syrian liturgical composition is the *Sedro,* from the Aramaic, *seder,* order, which designates the ritual meal of the Passover festival. Its structure is that of the biblical *Berakah:* praise and thanksgiving with supplications, already prefigured by Melchizedek, and of which a remarkable example is found in the life of the early Church: the prayer of the apostolic community gathered in the upper room, after the release of Peter and John, Acts 4. We have called it Eucharistic Prayer, according to its nature, adding however Sedro in italics in order to make the distinction from the Roman Eucharistic Prayer.

Theological and Contemplative Qualities of Eastern Worship

The revision of the prayer of the Church enacted at Vatican II has been done overall on the lines of definite principles like brevity, clarity of expression, historicity, etc. These have characterized the Roman rite from its origin and in the age of creativity they have produced real gems. These values may seem to suit, at first sight, particularly this age of universal science-and-history-consciousness. However they may not appeal in the same manner to the soul of Asia. What is more, modern man immersed in a life dominated by the positive sciences and technology is rediscovering the place of celebration in his life with its traditional expressions of poetry and symbolism. And these are the innate characters of the Eastern liturgies. Their riches are now increasingly acknowledged. First they reflect a deeper awareness of the Church as the praying body of Christ. This comes from a vivid perception of the Communion of Saints which enables the believer to experience worship and contemplation as a life to which heaven is open and present to the community in a mysterious, though real manner. In them is also found a livelier sense of the Resurrection always united with the Cross. Finally they have an existential understanding of Christ, true God and true man, which helps to see His incarnation set forth in the life of the Churches. This also results in a conviction that man's body is not simply to be discarded but is called to have a new existence in the life to come. The destiny of humankind is to be transformed in Christ, through the new creation, whereby we are made,

in body, soul and spirit, to share in the divine nature, in the very being of God: 'The Word of God became man, so that man might become God in Him.' And the whole cosmos is to have part in this final mutation according to Rom 8: 18–24.

Existential Character Appealing to Modern Man

All Eastern rites make a greater use of symbolism and poetry than the Roman rite, but among them the Syrian liturgy is distinguished by its biblical character, very close to the Gospel yet harmonizing the two Testaments, the Old and the New, in a mutually enriching manner. Its prayer services are celebrations of the mysteries of faith expressed in a poetry which is profoundly theological and astonishingly original. They have a deep existential ring, quite capable of moving modern man to genuine prayer, communion with God and men and the whole creation, the kind of prayer the Churches are seeking today. The Syrian liturgy moves in a purgatorial universe, easily related to the contemporary ecological concern of man who has recently been made aware of the quick depletion of the earth's natural resources on account of reckless consumption. It reminds us of the need of austerity of life for the affluent classes of society, if these resources are to be shared with the countless millions of underprivileged. The Syrian liturgy is also the worship of a pilgrim Church, a Church on the march, the long trek of man's return to Paradise, hence its martial character. It is celebrated standing, and this has an ascetical significance. The celebration is punctuated by calls to alertness responded to by vigorous acclamations. Quiet meditation is provided only in the form of pauses, as after each watch of the night vigil or at the end of each service lived as a stage of the pilgrimage. The on-going march is, at times, strenuous. And the land through which the pilgrim travels—the mysteries of God's works—is revealed to his mind in the only manner in which the indescribable can be described, the paradox. Ephrem and his disciples excel in this: 'Paradox gives birth to wonder and wonder to praise.'[19] And with his heart filled with wonder and overflowing with praise the pilgrim forgets the strenuousness of the march. He is filled with joy. To praise God is both his duty and his joy. He then assumes fully his vocation of high-priest of the creation and of minnesinger of God's salvation.

A Weekly Celebration of the Economy of Salvation

In contrast with other Church orders of prayer, the psalms take a comparatively small place. Prominence is given to hymns in the vein created by Saint Ephrem, and each service has a Eucharistic Prayer. The body of these prayers used for the annual celebration of the mysteries of Christ on Sundays and feast days provides a most outstanding and enduring sum total of Christian theology and contemplation. But even the prayer for week days, known as the Common Prayer, provides a remarkable celebration of God's works: creation reflected in the celebration of the rhythm of time, days and seasons, and salvation in its seminal manifestations: the life of Christ, the communication of the Holy Spirit and His work in the Churches and in the hearts of the believers.

The Economy of the Holy Spirit

In accordance with the acknowledged charism of the Eastern Churches, the mission and work of the Holy Spirit stand out prominently in our prayer. In the words of the early fathers: 'Where the Church is, there is the Spirit of God; and where the Spirit of God is, there is the Church.' The life of the Church is conceived of as the Economy of the Holy Spirit. While she is the body of Christ, she grows towards that fullness of being through the Holy Spirit, the fullness of God Himself which is her destiny—until God is all in all: 'He hovers over her assemblies as over the primordial waters.' His work is constantly in her prayer, as He works unceasingly in the creation, in the history of salvation and above all in Christ's own life and prayer: 'The Spirit of the Lord is upon me' said Jesus. But He is also in the broken heart of the sinner who turns to God, as well as in the heart of the true believer from which, in turn, flow streams of living water.

Man's Ultimate Destiny: the Resurrection of the Bodies

Finally the mystery of the human destiny, of the life after death which in the course of the last centuries, even in the liturgies of the Churches, had often shrunk to a mere offering of prayers, especially masses for the souls of the departed, as if the body had no part in the life of the world to come, recovers here its true Christological and cosmic dimensions. Death is the bridge by which man crosses over to the further shore and enters definitely the age that does not pass away or come to an end, the new creation in its ultimate stage.

Christ, the Lord of the new creation and of the age to come, will be manifested, will come again, this time, in His glorious body, the spiritual and resplendent body put on in the night of Easter. When He comes thus to judge the world, the final resurrection will take place. Our bodies, like His body, will take their glorious form. Prayers for the departed souls, as commonly understood, represent only a partial insight into the mystery of the consummation. Man's ultimate destiny is revealed in the mystery of the resurrection of the body and of the new creation. Body, soul and spirit will awake and cry together: Blessed is He who has come and will come and raise the dead:

> The voice which sounded from the top of the tree
> and the creation trembled,
> shall come and arouse from the dust
> those who sleep in Christ.
> They shall be clothed in a garment of glory
> and go forth to meet the Son of their Lord
> at His second coming.[20]

The whole creation, yes, everything in heaven and on earth, is to be reconciled and brought together under Christ as head. It is destined to be glorified with man, body, soul and spirit, by his entering upon the liberty and glory of the children of God. The mystery of the resurrection is the ultimate destiny of the Church herself. Hence it is only appropriate that it comes as a climax in her celebration of the Economy of Salvation, everyday at the evening prayer, and at the end of the week every Saturday and Sunday.

The Daily Mysteries

The Crown of the Year is the name given in the Syrian liturgy to the unfolding of Christ's mysteries over the twelve months of the year. Our weekly celebration of the Economy of Salvation can be described as a miniature crown, celebrating the same mysteries in one single week.

Monday: The Coming of the Kingdom of God. A Baptism of repentance calling for conversion. The Holy Spirit rests on Jesus in the River Jordan and at Nazareth.

Tuesday: The Kingdom of God made present in the Church through the word of God, the sacraments and the outpouring of the Holy Spirit.

Wednesday: The Mystery of the Word's Incarnation: the Word of God become flesh through Mary's surrender to His will; her divine motherhood through the Holy Spirit.

Thursday: The Mystery of the Eucharist: Christ's memorial entrusted to His apostles, now celebrated in the Churches and active among us through the Holy Spirit.

Friday: The mystery of the Cross. The Tree of life. The witnessing of the martyrs.

Saturday: The mystery of death and immortality. The consummation of all things. Christ's coming in glory, His parousia. Our expectation of the resurrection of the bodies.

Sunday: The Lord's Day, the original feast day and the matrix of all Christian worship, celebrating the passion, death, resurrection, and glorification of the Lord Jesus, in thanksgiving to God, who 'by His resurrection from the dead has given us a new birth into a living hope for the inheritance that nothing can destroy or spoil or wither.'[21]

A Word about the Translation

First some grateful acknowledgements. Our work is based on the Book of Common Prayer of the Syrian Church, first translated from the original Syriac by Dom Bede Griffiths O. S. B, in 1963, then sharing in the foundation of Kurisumala Ashram. In its present form, suited for congregational worship, our gratitude goes above all to the community of Kurisumala, which alone provided the opportunity of experiencing this prayer in our common celebration, all along the last thirty five years. It is this daily celebration that made it possible for us to *live* this prayer and to recreate it, to some extent at least. The original text has undergone a real mutation. It had to be amended, pruned in small parts or in whole sections, and framed into stanzas--not unlike the current translations of the Psalms. It is our common love for this liturgy which further emboldened us to compose new pieces. By this we wanted mainly

to enrich it with the insights that characterize the contemporary theological and liturgical renewal. A place has also been made for the concerns of modern man and of the society of our time, but generally, by simply returning to the Gospel.

Yet the boldest step is probably the inclusion of *Seeds of the Word* which, the Council said, we should gladly and reverently go in search of, and lay bare, for they lie hidden in the national and religious traditions of our people. These *Seeds of the Word* introduce new themes and new thought patterns in the Church's worship, the impressive patrimony of deeply religious texts which, in the words of Pope Paul VI, have taught innumerable generations of people how to pray. They enrich our own tradition of prayer with the insights of the spiritual seekers of India: the all-pervading presence of God in the creation and his indwelling in the heart of man. They witness to a saving knowledge of God, saving, because it is existential God-realization. They reveal also distinctive qualities of spiritual attainment and sainthood capable of deeply transforming the life of the seekers and devotees. Several of these insights have been pointed out in the Vatican Declaration on the Relationship of the Church to non-Christian Religions, and in several papal pronouncements on this subject. Worth mentioning here are the following: an experience of the essential inadequacy of this shifting world prompting the seeker to a genuine conversion, and at times to the great departure, *sannyasa* or homelessness; at other times the earnest control of the senses and passions, an uncompromising search for truth in life, or a total surrender to God through deep meditation and contemplation, a loving, trusting flight toward the Lord. Characteristic also of Indian spirituality are a number of inner dispositions of which our present world stands in great need: non-violence, universal compassion, equanimity, inner peace and freedom.

Though these prayers come from an altogether different cultural and religious tradition: Vedas, Upanishads, Bhagavad Gita, they were found to fit quite remarkably with the ancient poetry of Christian West Asia. Is this not also a sign of the underlying unity of man's religious and spiritual quest in spite of the great cultural diversity? How have we used these sacred writings? They have often been quoted literally but we have also, in accord with the

Syrian tradition of hymnody, drawn on them in a *midrashic* fashion. Thus texts from different sources have been brought together when they were found mutually enlightening. At times they have been woven with our own sacred scriptures, often to reveal astounding affinities. At other times they have been interwoven with comments from contemporary sages or spiritual leaders of India, thus bringing out their enduring value in our own time. While doing this we never felt unfaithful to our Christian—even our biblical—faith. Discerning in other faiths these *Seeds of the Word* has taught us humility. And not a humility that closes us in, on ourselves, but one which, like that of Mary and Elizabeth and John the Baptist, fills us with wonder for God's works. It has indeed given us an openness to recognize Jesus– the Word – whose work they are, and thus it has revealed Him to us both as the source and the fulfilment of all truth, the Prompter and the Goal of man's spiritual quest.

Yet in spite of our deep interest in the diversity of the world's spiritual traditions, in spite also of our desire to present the Syrian prayer services in an abridged form, it has been our firm purpose to preserve their authentic features and their distinctive riches. We believe that our revised prayers remain close to their original sources of inspiration: a poetic biblical theology and an existential meditation or contemplation of the Gospel. We feel that they are still truly representative of the genius of the fathers to whom we owe them, Ephrem the Syrian, *the Harp of the Holy Spirit* and his school. They are also consonant, we dare say, with the religious experience of humankind as a whole, while by the introduction of *Seeds of the Word* gathered from the spiritual heritage of India, they offer to God the Father a praise that commemorates His mysterious presence in creation as well as in salvation history. In them can be seen the workings of His Spirit who from ancient times has enlightened the *rishis* of India and has revealed Himself to them in a hidden yet very real manner, so that her ascetical and contemplative traditions are now to be assimilated by the Churches.

When after singing the Office in Syriac for ten years, we started using this English translation, some of us observed that we missed the devotion attached to the Syriac melodies. This of course could not be recaptured by a recitation in English. Yet by adopting a suited pitch and a modulated tone, with a rhythm measuring the

flow of words according to the punctuation and the lines of each stanza, our recitation has taken on a chanting quality which does away with the monotony affecting much of choral recitation in English. Our guests have observed that our prayer services are impressive, lively while remaining dignified. As for our community, we draw much inspiration from the beauty and the depth of the hymns and prayers of our Church.

Dom Bede Griffith's Appreciation

Your book, Prayer with the Harp of the Spirit, is very well done. The get-up, especially the cover, is very good and the lay-out is attractive and makes it easy to read. Your introduction is excellent and is a real initiation into liturgical prayer. The Syrian prayer itself is, of course, extraordinarily impressive, and it was a good idea to emend it, where necessary, in view of the 'sacramental unity of humankind'.

But, of course, it is the Seeds of the Word which are the real innovation. You have made out the case for them extremely well, and I don't think that anyone can object from a doctirinal point of view. I think that your selections from the Vedas, Upanishads and Gita are very good, though personally I would have made more of the Svetasvatara Upanishad which is so amazingly theistic. Some people may object to modifying the texts and sometimes giving them a Christian interpretation, but I think it can be justified on your principles. My own criticism would be that, good as these passages are, they are only a tiny selection from the vast riches of the Indian tradition and are almost lost in the great sea of Syrian prayer. But I imagine you would say rightly that this is only a small beginning and may point the way to something more.[22]

The Mind of the Church on the Seeds of the Word in some Recent Papal and Ecclesiastical Pronouncements

Pope John Paul II
First Mission Sunday Message October 22, 1979

The young Churches borrow from the customs, traditions, wisdom, teaching, arts and sciences of their people everything which can contribute to the praise and glory of the Creator and

manifest the grace of the Saviour or contribute to the right ordering of Christian life.

Evangelizing action must aim at emphasizing and developing what is valid and wholesome in those who are evangelized as well as in the socio-cultural context to which they belong.

With a careful and discerning method of education it will bring out and mature, after purifying them, the incrustations and sediments that have formed in the course of time, the true *values of spirituality, religion, charity* which as *Seeds of the Word* and *signs of God's presence* open the way to the acceptance of the Gospel.

Statement of the Catholic Bishops of India at the Roman Synod on Evangelization October 1974

Through His Spirit the Risen Lord....is present and operative not only in the minds and hearts of those who may never have heard His name but also....in their *religious traditions* and in the midst of *their religious communities*....Religious practices, sacred writings sacramental practices are channels through which the Risen Lord reaches out to them.

Resolutions of the National Seminar Bangalore May 1969

Only by fidelity to her contemplative vocation, making her own the ascetical and contemplative traditions whose seeds were planted by God in her ancient cultures even prior to the preaching of the Gospel will the Indian Church fulfil her mission in the universal Church and reveal to her own people Christ the Light of the Nations in ways which they can understand. We recommend:

1. to promote an authentic contemplative and monastic life in keeping with the best traditions of the Church and the spiritual heritage of India.....
2. to give the liturgy a more Indian character by integrating authentic Indian forms of worship.

For this, follow an Indian way of life

create an Indian atmosphere in worship
by adopting suitable Indian decorations
furnishing, postures, gestures etc.

by composing prayers and hymns
which may also take their inspiration
from the cultural and religious heritage of India.

Second Vatican Council
Decree on the Church's Missionary Activity December 1965 No. 18

Religious communities
should share the treasures of mysticism of the Church
and hand them on in a manner
in keeping with the nature and genius of each nation.
Let them study how traditions of asceticism and contemplation,
the seeds of which have been sown by God in ancient cultures
even before the preaching of the Gospel
can be incorporated into the Christian religious life.

Declaration on the Relationship of the
Church to non-Christian religions N. 2 October 1965

The Catholic Church
rejects nothing which is true and holy in those religions.
She looks with sincere respect upon
the ways of conduct and of life
the rules and teachings
which often reflect
rays of that Truth which enlightens all men.
The Church therefore has this exhortation for her children:
prudently and lovingly
through dialogue and collaboration..
acknowledge, preserve and promote
the spiritual and moral goods
found among these men
as well as the values in their society and culture....
In Hinduism men contemplate the divine mystery
and express it through an inexhaustible fruitfulness of myths
and through searching philosophical enquiry.
They seek release from the anguish of our condition
through ascetical practices, through deep meditation,
through a loving, trusting flight towards God.

* *

Common Prayers

When we come together for prayer we stand with our face turned towards the East. Folding our hands on our breast and recollecting our thoughts we make the sign of the cross while saying the INVOCATION *which can also be said by the leader in the name of all:*

In the name of the Father and of the Son and of the Holy Spirit
one true God to whom be glory.

And on us mercy and compassion for ever and ever. Amen.

Trisagion

Holy! Holy! Holy! Lord,
God of all cosmic forces.
Heaven and earth are full of Your glory.
Hosannah in the highest.
Blessed is He who has come and is to come
in the name of the Lord. Hosannah in the highest.

Each of the three acclamations above
is accompanied with a bow and a sign of the cross.

At the conclusion of the service the Trisagion begins here:

The first four lines: Holy are You..are said three times, each time with the sign of the cross and a prostration, replaced on Sundays and Feastdays by a profound bow.

Holy are You, O God.
Holy are You the Strong.
Holy are You the Deathless who were crucified for us.
Have mercy on us.

Then standing upright we raise our hands while looking up and we say:

Lord, have mercy on us.
Lord, have pity and mercy on us.
Lord, receive our service and our prayers and have mercy on us.
Glory to You, O God. Glory to You, Creator.
Glory to You, Christ the King,
who have compassion on Your sinful servants. Bless, Lord!

Here we bow, make the sign of the cross, and raising our hands and looking up we say:

Our Father in heaven, hallowed be Your name, Your Kingdom come, Your will be done on earth as in heaven. Give us today the bread we need. Forgive us our sins and offences as we forgive those who have offended against us. Do not let us enter into temptation and deliver us from the Evil One. For Yours is the Kingdom, the Power and the Glory, for ever and ever. Amen.

Hail Mary, full of grace, our Lord is with you. Blessed are you among women and blessed is the fruit of your womb, our Lord Jesus Christ. O Lady Mary, Virgin Mother of God, pray for us sinners, now and always and at the hour of our death. Amen.

Doxology *After the initial Trisagion, before the Opening Prayer.*

Glory be to the Father and to the Son and to the Holy Spirit.

And on us weak and sinful servants
mercy and compassion in both worlds for ever and ever. Amen.

Profession of Faith *At the end of the Services, especially at the end of the last service of each day.*

We believe in one true God, the Father almighty, Creator of heaven and earth, and of all things visible and invisible. We believe in one Lord Jesus Christ, Only Son of God, who was born of the Father before all worlds; Light of Light, true God of true God, begotten not made and equal in essence to His Father, by whom all things were made. For us humans and for our salvation He came down from heaven and was incarnate of the Holy Spirit and of the Virgin Mary, Mother of God, and became man. He was crucified for us in the days of Pontius Pilate and suffered and died and was buried. He rose on the third day according to His will and ascended to heaven and sits at the right hand of His Father and will come again in His great glory to judge the living and the dead. His kingdom has no end. We believe in one living Holy Spirit, who is Lord and Giver of life, who proceeds from the Father and with the Father and the Son is worshipped and glorified, who spoke by the Prophets and Apostles, and in one holy, catholic and apostolic Church. We confess that there is one baptism for the forgiveness of sins. And we look for the resurrection of the dead and the new life in the world to come. Amen.

The Common Evening Prayers

Lamp-Lighting Hymn *Before the service, if convenient.*

The response after each stanza is: Holy and blessed Jesus Christ.

Joy-giving light of the holy glory of the
Heavenly and Immortal Father!

We gather at the close of the day beholding the evening light.
We praise the Father through the Son, in the Holy Spirit of God.

At all times, O Lord, You are worthy of praise, with holy songs.
Son of God, Giver of life, the world gives glory to You.

Doxology

Glory be to the Father
and to the Son and to the Holy Spirit.

And on us weak and sinful servants mercy and compassion
in both worlds for ever and ever. Amen.

Opening Prayer

Grant us, Lord God,
that while our bodies rest from the labours of the day,
and our minds turn to You as to the inner light,
we may experience Your presence
in the calm and serenity of this evening hour,
in the awareness of Your love, the fellowship
which this assembly gathered in Your name shares with You,
and in the joyful remembrance of Your wonderful deeds,
with praise and thanksgiving, now and always and for ever. Amen.

Evening Psalms 141, 142, 119: 105-112, 117.

We call upon You, Lord, hear us.
Give heed to our words and answer us.

Let our prayer be like incense in Your sight
and the raising of our hands like the evening oblation.

Lord, set a guard before our mouths,
keep watch at the door of our lips,
hat our hearts may not turn to evil words
and we may not indulge in deeds of wickedness.

We will not sit at the table of the wicked.
Let the just man teach us, let him reprove us,
but the oil of the wicked shall not anoint our heads.
Our prayer is against their evil doing...

We lift up our eyes to You, Lord.
We put our trust in You, do not reject us.
Keep us from the hand of the proud
who have laid snares for us...

With all our voice we cry to You, Lord.
With all our voice we make supplication.
We pour out our affliction before You,
we lay bare our brokenness.
Our spirit is in the dark, but You know our paths.

On the way we have to walk
they have hidden snares for us.
We look to the right, and see no one who knows us.
There is no way, and there is not one who cares for us.
We cry out to You, Lord, and we say: You are our refuge.
You are our portion in the land of the living.

Hear our supplication, we are in distress.
Deliver us from our persecutors,
they are too strong for us.
Lead us forth from prison that we may praise Your name.
Your just ones are waiting for us
until You give us Your reward.

Your word is a lamp to our feet
and a light upon our path.
We have sworn and have determined
to keep Your holy decrees.

We are greatly brought low, Lord.
Give us life according to Your word.
Be pleased, Lord, with the words of our lips
and teach us Your decrees.

Our lives are always in Your hands,
we do not forget Your law.
The wicked have set traps for us,
but we do not stray from Your commands.
We treasure up Your testimonies.
Truly they are the joy of our hearts.
Incline our hearts to keep Your commands, for ever, in truth.

Praise the Lord, all you nations.
Praise Him, all you peoples.
Great is His goodness for us.
Truly, the Lord's goodness is for ever.

To You belongs the praise, O God. Halleluia.

Glory be to the Father... From age to age...

Prayer for the Burning of Incense

Accept, Lord, in Your compassion, the incense of Your servants. Be pleased with the fragrant offering of Your devotees and take delight in the service of Your worshippers.

Make thereby a good memory
of Your Mother and of Your saints.
Give rest to all the departed believers,
Christ the Son, who are worshipped and glorified
with Your Father and Your Holy Spirit, now and for ever.

Eucharistic Prayer: *Sedro* **Initial Acclamations and Responses**

DEACON Let us lift up our hearts.

COMMUNITY We lift them up to the Lord.

LEADER Let us offer praise to the Lord and beg for the mercy of His grace.

COMMUNITY Compassionate Lord, we praise Your wonderful name, show us Your mercy.

LEADER Praise, thanksgiving, glory, honour and exaltation continually and without ceasing, at all times may we be worthy to offer...

(*Conclusion*) To Him belongs glory, honour and adoration, at this time of..and at all times and seasons and hours and moments of the days of our life for ever. Amen.

Concluding Prayer *On Ferial days*

Lord Jesus Christ,
do not close the door of Your mercy on our faces.
Lord, we confess that we are sinners, be gracious to all.

Your love made You descend from Your place to us.
Lord, by whose death our death was ended,
be gracious to the whole world.

Trisagion *In conclusion of the service*

Holy are You, O God. Holy are You, the Strong.
Holy are You the Deathless who were crucified for us.
Have mercy on us.

This is said three times, with prostration each time, replaced on Sundays and Feastdays by a profound bow: Holy are You, O God...

Lord, have mercy on us. Lord, have pity and mercy on us.
Lord, receive our service and our prayers and have mercy on us.

Glory to You, O God. Glory to You, Creator.
Glory to You, Christ the King,
who have compassion on Your sinful servants. Bless, Lord!

Our Father in heaven, hallowed be Your name, Your Kingdom come, Your will be done on earth as in heaven. Give us today the bread we need. Forgive us our sins and offences as we forgive those who have offended against us. Do not let us enter into temptation and deliver us from the Evil One. For Yours is the Kingdom, the Power and the Glory, for ever and ever Amen.

Hail Mary, full of grace, our Lord is with you. Blessed are you among women and blessed is the fruit of your womb, our Lord Jesus Christ. O Lady Mary, Virgin Mother of God, pray for us sinners, now and always and at the hour of our death. Amen.

Common Prayers for the Night Vigil

Doxology

Glory be to the Father and to the Son and to the Holy Spirit.

And on us weak and sinful servants
mercy and compassion in both worlds for ever and ever. Amen.

Trisagion Holy! Holy! Holy! Lord,...p. 25

AWAKENING SERVICE

Opening Prayer

Awaken us, Lord, from our sleep in the sloth of sin,
that we may praise Your wakefulness,
O Wakeful[1] One who do not sleep.
Give life to our death in the sleep of death and corruption,
that we may adore Your compassion,
Living One who do dot die.
And make us worthy to praise You and bless You in holiness,
with the glorious companies of the angels on high
that You may be praised and blessed on earth as in heaven,
Father, Son and Holy Spirit,
now and always and for ever. Amen.

Night Psalms 134, 119: 169–176, 117

Bless, Lord![2] Bless the Lord, all you who serve the Lord.

Bless, Lord! You who stand in the house of the Lord
through the watches of the night.

Lift up your hands toward the sanctuary
and bless the Lord.

May the Lord bless you from His Holy Mountain,
He who made heaven and earth.

Lord let our praise enter into Your presence
and give us life by Your word.
Let our supplication enter into Your sight, Lord,
and set us free by Your word.

May our lips pour forth Your word
on account of the holiness of all Your commands.

May our tongues repeat Your praise
because You taught us Your commands.
Let Your hand come to our help
because we take our delight in Your law.

We long for Your salvation
and we meditate on Your law.
Let us live that we may praise You
and Your decrees will give us help.

We have gone astray like the lost sheep,
come in search of Your servants
for we have not forgotten all Your commands.

Praise the Lord, all you nations.
Praise Him, all you peoples.
Great is His goodness for us.
Truly, the Lord's goodness is for ever.

To You belongs the praise, O God. Halleluia.

Glory be to the Father... From age to age...

Acclamations *Before the II and III watches*

Blessed be the glory of the Lord from His place for ever. (Ez. 3:12)
Blessed be the glory of the Lord from His place for ever.
You are blessed, Lord, to You be glory from Your place for ever.

Holy and glorious Trinity, have mercy on us.
Holy and glorious Trinity, have mercy on us.
Holy and glorious Trinity, have compassion and mercy on us.

You are holy and glorious for ever.
You are holy and glorious for ever.
You are holy and Your name is blessed for ever.

Glory to You, our Lord.
Glory to You, our Lord.
Glory to You, our hope for ever. Bless, Lord!

Our Father in heaven... Hail Mary, full of grace...

FOURTH WATCH

A Daily Morning Service. To mark the end of the Night Vigil. The sanctuary lamps are lighted and the curtain is drawn aside.

For the Communion of Saints

Halleluia, halleluia, halleluia, glory to You, O God (3 times).

Be compassionate towards us in Your mercy, O God of compassion.
In our sacrifices and our prayers
we make memory of our fathers who taught us,
while they were alive, to be children of God.
Son of God, raise them up in the Heavenly Kingdom,
with the just and the righteous,
in the world which does not pass away.

Mary's Hymn of Praise and Thanksgiving

And Mary said: My soul glorifies the Lord.
My spirit rejoices in God my Saviour.
He has looked on His servant in her nothingness.
Henceforth all generations will count me blessed.

The Mighty One has done great things for me.
His name is holy and His graciousness
is from age to age on those who revere Him.

He has conquered by His mighty arm
and has scattered the proud-hearted.
He has brought down the mighty from their thrones
but He has lifted up the humble.

He has filled the hungry with good things
but sent the rich away empty.
He has helped Israel His servant
remembering His graciousness,
as He had promised to our forefathers,
to Abraham and his seed for ever.

Glory be to the Father... From age to age...

Psalm 133

How good and beautiful it is for brothers to live in unity.

It is like oil poured on the head and on the beard,
poured on the beard of Aaron, even to the edge of his robe.

It is like the dew of Mount Hermon, which comes down
on Jerusalem, the Holy Mountain, for it is from there
that the Lord gives His blessings and life for ever.

Glory be to the Father... From age to age...

Response

Remember Mary, and may she help us by her prayers.

Remember all the saints and may they help us by their prayers.

Prophets, apostles and martyrs,
may your prayer always be with us.

Make us worthy, Lord, of the abode of Your martyrs
and the home where dwell Your friends.

O Compassionate One, full of graciousness,
on the day of Your judgement, be gracious to all.

Because there, Lord, You promised Your blessings and life for ever.

Blessed is He whose mercy is never withheld
from the sinner who calls upon Him.

Lord remember well the people of the Church of believers.

And make them stand at Your right hand,
on the day when Your Majesty appears.

At all times and seasons, Virgin Mother of God,
may your prayer be a stronghold for us.

By the prayers of Your saints, keep from us the Evil One,
who at all times lays snares for us.

Jesus, our Lord and our God,
may Your Cross be our shelter and our stronghold.

Jesus, Word of God, by Your Cross protect the living,
and pardon the dead in Your mercy.

On all the days of our life,
let us give thanks, adoration and praise
to the Father and to the Son and to the Holy Spirit.

All merciful God, on the great day when You come,
raise us up at Your right hand.

You who have made us worthy to praise You,
make us worthy to inherit Your Kingdom.

May Your mercy be upon us, Lord.
O Lord of life and death, be gracious to all.

Lord, be gracious to us and help us.

Awake, you that sleep, and rise to sing praise.

The Cosmic Praise Psalms 148, 149, 150, 117

Praise the Lord from the heavens.
Praise Him in the heights.
Praise Him, all His angels.
Praise Him, all His powers.

Praise Him, sun and moon.
Praise Him, all stars of light.
Praise Him, highest heavens
and the waters above the heavens.
Let them praise the name of the Lord.

He said a word and they were made.
He commanded and they were created.
He set them for ever
and gave them a law which shall not pass away.

Praise the Lord, all the earth,
sea creatures and all oceans,
fire and hail, snow and mist,
stormy winds that obey His word.

All mountains and hills,
all fruit trees and cedars,
all beasts and cattle,
creeping things and birds that fly in the air.

All earth's kings and peoples,
princes and rulers of the world,
young men and maidens,
old men and children,
let them praise the name of the Lord.

For He alone is exalted,
His praise is on earth and in heaven.
He exalts the strength of His people.
He is the praise of all believers,
of the people who draw near to Him.

Praise the Lord with a new praise.
Praise Him in the assembly of believers.
Let His people rejoice in their Maker.
Let their children be glad with their King.

Let them praise His name with tambourines and drums,
and sing to Him with their harps.
The Lord takes delight in His people.
He gives salvation to the poor.

The devotees find strength in the Glorious One.
They exalt Him and take their rest.
Let the praise of God be on their lips...
This is the glory of all believers.

Praise the Lord in His holy place.
Praise Him in the heavenly vault of His power.
Praise Him for His powerful deeds.
Praise Him for His infinite greatness.
Praise Him with the sound of the horn.
Praise Him with the lute and the harp.

Praise Him with the tambourine and the drum.
Praise Him with sweet melodies.
Praise Him with the clashing of cymbals.
Praise Him with the sound of the voice.
Let everything that breathes give praise to the Lord.

Praise the Lord, all you nations.
Praise Him, all you peoples.
Great is His goodness for us.
Truly, the Lord's goodness is for ever.

To You belongs the praise, O God. Halleluia.

Glory be to the Father... From age to age...

Common Response

Praise to the Holy Trinity.
Praise to the Holy Trinity.
We praise the glorious Trinity,
eternal and everlasting.
To You belongs the praise, O God, at all times.

Supplication Song *As on each particular day.*

Concluding Prayer Lord Jesus Christ...p. 30.

Trisagion Holy are You, O God...p. 30.

MEDITATION

The Common Morning Prayers

Invocation In the name of the Father...p. 25

Trisagion Holy! Holy! Holy! Lord...p. 25

Doxology Glory be to the Father...p. 26

Opening Prayer

Creator of the morning
who drive out the darkness
and bring light and joy to the creation,
create in us habits of virtue
and drive away, from us all, the darkness of sin.
With the light
give us joy by the glorious rays of Your grace,
Lord our God for ever. Amen.

Morning Psalms 51 and 63

Be gracious to us, O God, because of Your goodness.
Because of Your infinite graciousness blot out our sins.

Again and again wash us of our guilt.
Make us clean of our sins.
We acknowledge our faults.
We are always aware of our sins.

We have sinned against You, against You truly.
We have done what is evil in Your sight.
Your judgements are right. Your sentence is justified.
We have been evil from the time we were born,
from the time of our birth we have been in sin.

But You take delight in the truth.
Make then known to us the secrets of Your wisdom.
Sprinkle us with Your hyssop and we shall be clean.
Wash us and we shall be whiter than snow.

Fill us with joy and gladness
and our bones which are crushed shall rejoice.
Turn away Your face from our sins
and wipe out all our faults.

Create in us a pure heart, O God,
and renew Your good spirit within us.
Do not cast us away from Your presence
nor deprive us of Your Holy Spirit.

Restore to us the joy of Your salvation
and strengthen us with Your glorious Spirit,
that we may show the wicked Your way
and sinners may return to You.

Spare our life, O God, God of our salvation
and our tongues shall praise Your righteousness.
Lord, open our lips, and our mouths shall sing Your praises.

You do not take pleasure in sacrifices,
You are not appeased by burnt offerings.
The sacrifice that pleases You is a humble spirit.
A broken heart, O God, You will not spurn...

In Your goodness deal well with Your people
and rebuild the wall of Jerusalem.
Then You will be well pleased
with fair sacrifices, whole burnt offerings.

O God, You are our God, for You we long.

Our spirits are thirsting for You,
like a dry parched land, without water.

We we gaze on You, truly, beholding Your power and glory.

Your graciousness is better than life.
Our lips shall sing Your praise.

We will praise You in our life.
In Your name we will raise our hands.

Our hearts are filled as with marrow and fat.
Our lips utter praises. Our mouths sing glory.

We remember You on our bed,
our thoughts are on You throughout the night.

You have been our help.
In the shadow of Your wings is our protection.

Our souls cling to You. Your right hand holds us fast...

To You belongs the praise, O God. Halleluia.

Glory be to the Father... From age to age...

Response *As on each particular day*

Psalm 113 *Invitation to praise the Lord.*

Praise; you servants of the Lord.
Praise the name of the Lord.

May the name of the Lord be blessed
now and for evermore.

From the rising of the sun to its setting
great is the name of the Lord.

High above all nations is the Lord,
above the heavens His glory.

Who is like the Lord, our God?
He sits enthroned on high.
Yet he looks upon the depths.
He looks upon heaven and earth.

He raises up the poor from the dust
and makes them sit with the great among the people.

To the childless woman He gives a home
and for her joy makes her the mother of children.

To You belongs the praise, O God. Halleluia.

Glory be to the Father... From age to age...

A seed of the word *As on each particular day*

Prayer for the Burning of Incense

By this incense which we present before You, Lord,
may Your will be satisfied.
May Your mother and Your saints be honoured by it.

And may the departed believers be pardoned
who have rested in Your hope,
our Lord and our God, for ever. Amen.

Concluding Prayer

It is good to give thanks to the Lord,
to sing praise to Your name, Most High,
to proclaim Your goodness in the morning,
and Your faithfulness in the night.

Lord, in the morning, we pray, hear our voice.
In the morning we prepare ourselves to be with You.
Lord, have compassion on Your people.
Lord, pardon and forgive the sins of us all.

Holy One, let Your right hand rest upon us
and pardon our weaknesses because Your name is for ever. Amen.

Trisagion Holy are You, O God...p. 30

MEDITATION

Dravidian icon of Christ in silver embossed on copper, South Indian craftsmanship executed under Marie Baranger of Art et Louange, Paris. A gift to the late Father Monchanin for his Ashram, Shantivanam, near Tiruchirapalli, Tamil Nadu, where it is set on the door of the tabernacle. Christ is stretched out on a six-pointed star, as on the Cross, reuniting in Him heaven and earth.

According to the ancient tradition of the Churches, the new day begins after sunset of the previous day. Hence the Evening Prayer of Monday is celebrated on Sunday after sunset, that of Tuesday on Monday evening. etc.

Whenever we bring together the Sacred Books of India and the Bible, the biblical text is printed in italics, to assist the reader in the dialogical prayer.

MONDAY

THE COMING OF THE KINGDOM OF GOD
A BAPTISM OF REPENTANCE CALLING FOR CONVERSION
THE HOLY SPIRIT RESTS ON JESUS IN THE RIVER JORDAN AND AT NAZARETH

The Spirit of the Lord is upon me, said Jesus,
to tell every one that the Kingdom of God has come.

Water, fire and the Holy Spirit...the Kingdom is at hand.
In the river the Spirit comes down and rests on Jesus.
Evening Prayer

Evening Prayer on Monday

Lamp-Lighting Hymn Joy-giving light...p. 27

Doxology Glory be to the Father...p.26

Opening Prayer Grant us, Lord God...p.27

Evening Psalms We call upon You, Lord...p. 27

Common Response FOR THE KINGDOM OF GOD

The Spirit of the Lord is upon me, said Jesus.
God has sent Me to bring good news to the poor,
to announce to the blind that they can see,
and to the downtrodden that they are set free,
to tell the prisoners that they are prisoners no more,
to tell every one that the Kingdom of God has come.

Hymn for the Evening Light and Incense

In love and faith

Our fathers did not think it right,
to receive this boon of the evening light,
without offering praise to God.
The moment it appeared, they would bless Him for it.

Praise Him all you peoples

With this joy-giving light radiant with His glory,
and with the fragrance of incense, at this evening hour,
let us offer sacrifice, the sacrifice of praise,
from east and west, everywhere evening oblation is made.

Glory be to the Father and to the Son and to the Holy Spirit.

Accept, Lord, this incense from Your worshippers,
like the incense that rises from the angel's hand,
with the prayers of all tribes and peoples and nations,
before Him who is sitting on the throne and the Lamb.

From age to age and for ever. Amen.

May the fragrance of these burning incense sticks,
the offering of Your worshippers to Your majesty,
be well pleasing to You and gladden those in heaven,
and give joy here on earth to the children of Your Church.

A seed of the word God's all pervading presence[3]

From one man God created all races of humankind
to live throughout the whole earth that they might seek Him
and by feeling their way towards Him find Him.
Truly He is not far from us,
we live and move in Him, we have our being in Him.

All this that we see in this great universe
is enveloped and permeated by God.
Renounce it that you may enjoy whatever is given by Him.
Harbour not any greed in your heart,
for the wealth of this world is not your own.

The whole universe is His.
You must renounce the world because it is not yours.
You must enjoy it and work in it because it is His
and work with Him toward the removal of evil.

Evil is the great mystery and none can pierce it.
We call God longsuffering and patient because He permits it.
God Himself has no evil.... He remains untouched by it.
We know too that we shall never see God unless we wrestle
with and against evil, even at the cost of our life.

We are fortified in our humble experience:
the purer we try to become, the nearer we feel to God.
How much closer to God shall we be when our faith
is not simply in word or speech but in deed and in truth,
and immovable as the Himalayas,
and as white and bright as the snow of its peaks!

For Sunday

Great is the Lord and greatly to be praised.

Great is this day, Sunday, the Lord's day,
when He rose from the dead and the nations confessed
the Father and the Son and the Holy Spirit, one God.
Blessed are those who keep it in faith, halleluia!

Taste and see how good the Lord is.

On this passing Sunday, Son of God,
You gave us the bread of life and the cup of salvation.
On that Sunday which does not pass away,
make us worthy to exult at Your right hand,
and be behold Your compassion, halleluia!

For the Mother of God

Gabriel brought a greeting of peace to the Daughter of David:
The Lord is with you and shall come forth from you.
Holy Virgin, Mother who gave birth to God, beseech your Son,
the Only Begotten, that He may have mercy on us.

Mary was a ship, she bore and sailed into harbour
laden with the Pilot, the Lord of all creation.
She is the blazing bush that filled Moses with wonder,
at the word that came from the middle of the fire.
From her womb the Word manifested Himself to us.

The Virgin who was able to bear
the Hidden Power which bears heaven and earth,
behold, she intercedes with Him by her prayer,
on behalf of sinners who call on her with faith.
Halleluia, may her prayer be with us.

At the victory of King David
the Hebrew maidens beat upon their tambourines.
In memory of the blessed one
angels and men sing praise and offer thanksgiving,
halleluia, to the Lord who chose her.

For John the Baptist and Repentance

John the Forerunner, the Voice of the Word in the desert,
preaches repentance for the coming of the Lord:
Prepare the way. Every mountain must be laid low.
Winding ways must be made straight, rough roads smooth.
Keep your hearts pure, that you may see the salvation of God.

The axe will strike at the root unless fruits can be seen.
Clear the threshing-floor for the wheat in the barn.
Water, fire and the Holy Spirit, the Kingdom is at hand.
In the river the Spirit comes down and rests on Jesus.
Now lifted up on the Cross and raised in glory to His Father,
He pours God's love into our hearts through the Holy Spirit.

For vigilance

The Lord is faithful in His words.

Your holy mouth, O Lord, promised and said:
Ask and you will be given. Seek and you will find.
Knock and the door will be opened.
Beloved, let us pray and never grow weary.

Your promise does not fail.

We call upon You, Lord, accept our service and our prayers.
Have mercy on us and make Your grace rest upon us,
that grace which stood by the martyrs, halleluia.
and gave them strength in their trials.

For the resurrection

You who died in Christ, do not be grieved.
The resurrection will come and the day of retribution.
You shall rise from your graves without corruption
and go forth with speed to meet the Son of the King.
You shall be clothed in a garment of glory,
and you shall sing praise before Him.
You who raise up the sons of Adam from the dead,
have compassion on us and be gracious to all.

O God who became man for our sake,
You descended and were clothed in flesh
and suffered in it and redeemed us.
You dwelt in the land cursed because of Adam
and You restored him to Eden, his inheritance.
In Your tenderness have compassion on our brothers.
Pardon their offences and place them in the light,
who slept in Your hope looking forward to the resurrection.

Prayer for the burning of incense

Accept, Lord, in Your Compassion...P. 29

A SERVICE OF REPENTANCE FOR THE KINGDOM OF GOD

From Psalm 32

Happy the man whose offence is forgiven,
halleluia, halleluia,
and whose sin is remitted.

Happy the man to whom the Lord imputes no guilt,
halleluia, halleluia,
and in whose spirit is no guile.

I kept it secret and my bones wasted away,
halleluia, halleluia.
I was groaning all day long.

For night and day Your hand was heavy upon me,
halleluia, halleluia.
My strength was dried up as by the summer's heat.

Glory be to the Father.... From age to age....

Common Response

Father, I have sinned against God and against you,
cried the prodigal,
I no longer deserve to be called your son.
Bring out the best robe and put it on him,
said his father,
for this son of mine was dead and he has come back to life.
Truly the Kingdom of God has come,
and everyone can force his way into it.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise, thanksgiving, glory, honour and exaltation continually and without ceasing, at all times may we be worthy to offer to the Mighty and Strong who alone is good, who bestows His gifts freely. When He shows anger it is that we may repent, for He Himself is not subject to passions. To Him belongs glory, honour and adoration, at this time of eveing, and at all times and seasons and hours and moments of the days of our life for ever. Amen.

Lord our God, Sea of Goodness and Fountain of Mercies, who are gentle and kind to those who repent and a lover of those who turn to You...do not turn away from us on account of our wrong doing. O Gentle One, have mercy. Forgive us Your servants who in the sorrow of repentance pray before You...Cleanse us and purify us. Hallow us and keep us. Make us true penitents, fair images of Your Gospel of love. Deliver us from evil...and make us and all the departed believers worthy of the Church which is on high, that we and they may offer praise and thanksgiving to You and to Your Father and to Your Holy Spirit, now and always and for ever. Amen.

Hymn for the Evening

In the evening Abraham called upon You on the mountain-top,
and You answered him, O Lover of Humankind.
In the evening, we call upon You, O God full of mercy,
come to our help, halleluia, and be gracious to all.

In the evening Hezekiah called upon You,
and You delivered him from the power of the Assyrian.
In the evening we call upon You, Lord, deliver us, halleluia,
from the Evil One and his powers who fight against us.

Glory be to the Father and to the Son and to the Holy Spirit

Body, soul and spirit call upon You, O Lord,
have compassion on them while they are in this world.
When one is separated from the others they cannot offer praise.
Bring them together when You come to sit in judgement.
Show them Your love, halleluia, and raise them to the new life.

From age to age and for ever. Amen.

Be to us a day which this passing eveing shall not overtake,
Lord, as in that city where there is no more night,
for God's glory is its light and the Lamb is its lamp,
and all the nations of the world walk by it.

Supplication Song Lord, be gracious to us and help us.

We call upon You, Lord, our Lord, come to our help,
hear our supplication and be gracious to all.

Lord our Lord, Lord of the Watchers and the angels,
hear our supplication and be gracious to the whole world.

In the evening when the light of the sun sets upon earth,
enlighten us, Lord, to praise Your creative power.
Son of God, may Your word be a lamp to our feet;
may it give light in place of the sun and we will walk by it.

Priests of old sang praise at the evening hour.
Moses, too, offered sacrifice at the evening hour.
At dawn and at dusk, the law said, sacrifice must be offered.
So in the evening priests offered praise to Your Godhead.

In place of sacrifices we offer thanksgivings,
instead of burnt-offerings, pure prayer with love.

He who has mouth and word and tongue
gives thanks for the creation which cannot tell.

In the evening, praise to You from Your Church
for which You were sacrificed as her evening offering.
She sings praise to You who shed Your blood on the Cross.
Your body and Your blood are food and drink to her.
To You be praise.

Darkness has fallen upon us; now is the time to watch at night.
Sun of our life, shine upon us and be our light.

Concluding Prayer

Lord Jesus Christ,
do not close the door of Your mercy on our faces.
Lord, we confess that we are sinners, be gracious to all.

Your love made You descend from Your place to us.
Lord by whose death our death was ended,
be gracious to the whole world.

Trisagion

Holy are You, O God. Holy are You, the Strong.
Holy are You the Deathless who were crucified for us.
Have mercy on us (3 times)

Lord, have mercy on us. Lord, have pity and mercy on us.
Lord, receive our service and our prayers and have mercy on us.

Glory to You, O God. Glory to You, Creator.
Glory to You, Christ the King,
who have compassion on Your sinful servants. Bless Lord!

Our Father in heaven... Hail Mary, full of grace...

MEDITATION

Night Vigil on Monday

Glory be to the Father and to the Son and to the Holy Spirit.

And on us weak and sinful servants
mercy and compassion in both worlds for ever and ever. Amen.

Trisagion Holy! Holy! Holy! Lord....p. 25

AWAKENING SERVICE

Opening Prayer Awaken us, Lord,...p. 31

Night Psalms Bless, Lord! Bless the Lord...

Response

Awaken us and raise us up from the sleep of forgetfulness
to the praise of Your majesty, Lord God.

Your tender love has awakened us to praise You at night,
grant us forgiveness of offences, Lord God.

We have remembered that the Wakeful Ones never sleep.
We have risen to praise You like them, O Lover of Humankind.

By night we remember Your adorable and holy name,
and we give thanks to You and praise You, O Lover of Humankind.

As You pardoned the offences of the sinful woman
in the house of Simon, pardon us our offences, Lord God.

In the Jerusalem above and in the Churches here on earth,
make memory, Lord, of Your servants who rest in Your hope

Glory be to the Father... From age to age...

Glory to You, our Lord, whom the Wakeful Ones cannot look upon;
and behold, the earthly Adam carries You in his hand.

FIRST WATCH FOR THE MOTHER OF GOD

Common Response

Gabriel was sent by God to Nazareth,
to a virgin whose name was Mary and he greeted her:
Peace be with you, full of grace, the Lord is with you.
You shall conceive in your womb and bear a son,
and you shall give him the name Jesus.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise, thanksgiving, glory, honour and exaltation, continually and without ceasing, at all times may we be worthy to offer to the Holy One who made holy her who bore Him, the Great One who magnified the Virgin who brought Him forth, the Exalted One who looked upon the lowliness of His handmaid and made her the marriage chamber of His greatness and made a feast for her in the Church, His bride. To Him belongs glory, honour and adoration, at this time of the Night Vigil and at all times and seasons and hours and moments of the days of our life, for ever. Amen.

We make memory of the Chariot of Flesh and Holy Virgin Mother whom Ezekiel in his prophecy called the closed door which was not to be opened until the Lord God should enter by it. He who is true God, equal to His Father in the height of His Godhead and equal to His Mother in the lowliness of His humanity. Therefore we will praise and exalt and honour her who is higher than all the ranks of angels in that she was the Mother of their Lord and gave to suck milk from her breast to her Creator. And according to her prophecy we say to her, Blessed are you, Palace of Mysteries in whom dwelt the King of kings, whose Kingdom will never end. Blessed are you, above all those who were redeemed by your Son.

And while we exalt with the voice of praise the Son who came forth from you, we beg that by your prayers our offences may be pardoned and our faithful departed may be given rest in heaven.

And with them we will offer praise to Christ our Lord who came forth from you, to His Father and to His Holy Spirit, now and always and for ever. Amen.

Hymn

A young maiden of the house of David whose name was Mary
was the chariot which carried the Saviour of the world.
She was much greater than the chariot which Ezekiel saw.
This had faces and wheels full of eyes all around
and made noise like a storm,
but Mary had a mouth to sing praise to You, O Lord.
Halleluia. May her prayer assist us.

Virgin Mother of God, your memory is a benediction.
Respond to the petitions of those who are far and near.
Give health to the sick
and comfort to those who are in distress.
Drive away the Evil One from those whom he torments.
By your prayer and intercession may God's love be shown to us.
Halleluia. May your prayer assist us.

Glory be to the Father and to the Son and to the Holy Spirit.

Let everyone who has mouth and tongue and word
call Mary blessed who is worthy of all blessing.
Blessed is she, the Blessed Field
in which the ear of corn grew, the source of joy.
Blessed is she, the Chariot, and her knees were the wheels.
In her womb of flesh she bore the Saviour of the world.
Halleluia. May her prayer assist us.

From age to age and for ever. Amen.

How to call you, I know not, O Daughter of David.
If I call you virgin, I see a son who sucks at your breast.
If I call you mother, your virginity remains.
Therefore I will call you Virgin Mother of God.
You are the root of the resurrection.
You are the fountain of immortality.
By your prayer and intercession may God's love be shown to us.
Halleluia. May your prayer assist us.

Supplication Song Lord, be gracious to us and help us.

May your prayer be with us, O blessed one,
may your prayer always be with us.
May the Lord hear your prayer and be gracious to the whole world.

You who are full of graciousness,
pray and beseech Him who is all graciousness,
to be gracious to all who are in distress.

The Holy Virgin calls us today that we should speak of her.
Let us purge our hearing,
that her fair story may fill us all with wonder.
Second heaven in whose womb rested the Lord Most High
and came forth to drive away
all the darkness from the face of the earth.

Blessed among women,
by whom the malediction upon the earth was uprooted
and the condemnation came to an end.
Mystery of purity full of the beauty of holiness,
our mouths are too little to tell your story.

Daughter of the poor and Mother of the Son of God,
you gave wealth to the world that it might live from it.
Ship loaded with the blessings
and the treasures of the house of the Father,
you came and poured out your wealth on our barren earth.

Glory to the Father who chose Mary, the poor one.
Adoration to the Son who descended in poverty
and dwelt in her.
Thanksgiving to the Spirit who likes to make His dwelling in
the poor.
Praise to Him who is one nature and they are three.

By the prayers of her who carried You for nine months,
Son of God, remove from this world all evil and oppression.

MEDITATION

SECOND WATCH FOR THE SAINTS

Acclamations Blessed be the glory of the Lord... p. 32

Common Response

O prophets and apostles, martyrs and confessors,
you are the heroes who conquered the world.
Not by pointed arrows or by sharpened swords,
but by the power of the Cross you uprooted evil.
You died that justice with love may reign all over the world.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to the One Holy Father who dwells in those who love Him, to the One Adorable Son who abides in the bones of His saints, to the One Holy Spirit who weaves crowns of glory for His athletes. To Him belongs glory, honour and adoration, at this time of the Night Vigil...

When we desire to offer praises to the prophets and apostles, the martyrs and confessors and doctors of orthodox faith and to exalt them with songs of the Holy Spirit, on account of our weakness and because our mind is weighed down by sin, we are not able to praise them as is right and fitting. But since they have been made advocates and intercessors for us and have been given authority over the treasury of their Lord, we offer our prayers to them that they may ask for us, from their Lord, pardon of offences and forgiveness of sins, and rest and a good remembrance of the departed believers. And we will offer praise to the Father who crowns them, to the Adorable Son who honours them and to the Holy Spirit who perfects and consummates their contests, now and always and for ever. Amen.

Hymn

We remember Moses the fountain-head of prophecy,
and Simon the rock of the Church and head of the apostles,
and Paul the master-builder of many Churches,
who wrote so well of the Communion of Saints.

As members of Christ's body we belong to each other,
and we remember the saints who have gone ahead to Him,
who were not defeated by evil but conquered evil with good,
loving God and neighbour with all their heart.

Moses is the head of the Old Testament and Peter of the New.
Both resemble one another for God dwelt in them.
Moses brought down the tablets of the Law
and Simon received the keys of the Kingdom.
Moses made the Tent of Meeting and the earthly Tabernacle.
Simon built the Church, God's dwelling with all nations.
For the Old and for the New praise to You, Lord, halleluia.
May the prayers of the prophets and apostles assist us.

Glory be to the Father and to the Son and to the Holy Spirit.

John, preacher of truth, and Stephen, blessed deacon,
illustrious Theodore and George so glorious through
your sufferings, and Serkis and Bacchos, noble warriors,
saint Kuriakose and your mother Julitti, and Shamouni
mother blessed with your seven children,
and the Forty Holy Martyrs, and St. Thomas the elect of God,
halleluia, may your prayers assist us.

From age to age and for ever. Amen.

There are three martyrs who are true gems. Against them
the Evil One, with all his deceit, could not prevail: John
put to death by the sword of Herod, and Stephen
by being stoned, and the Glorious Saint George
who went from the wheel to the sword.
By their prayers and supplications, may mercy
be shown to us, halleluia, may their prayers assist us.

Supplication Song Lord, be gracious to us and help us.
Our Lord, be gracious to us by the prayers of Your servants.

By their prayers and supplications,
be gracious to the whole world.

May the prophets who spoke of You by the Spirit,
the apostles who proclaimed Your revelation
and the martyrs who died for Your love intercede for us.
Be gracious to us, Lord, and to the whole world.

Make memory, O our Saviour,
of the prophets, apostles and martyrs,
and of all those who did your will on earth,
and help us by their prayers.

Pray with us, O holy ones, to Him whose will you did,
that He may keep away all harm and evil
from His Churches, and heal their divisions.
And may He pour His love upon the whole world.

Glory to the Strong One who strengthened you,
prophets, apostles and martyrs,
you all who conquered and triumphed
by the great sign of the Cross.

Our Lord, be gracious to us by the prayer of Your servants.

By their prayers and supplications,
be gracious to the whole world.

MEDITATION

THIRD WATCH FOR REPENTANCE AND VIGILANCE

Acclamations Blessed be the glory of the Lord...p 32

Common Response

At the outer door Simon stood and wept.
Lord, open Your door, I am Your disciple.
Heaven and earth weep with me,
because I have lost the keys of the Kingdom...
Jesus said to him: Simon, do you love Me more than all else?
Lord, he answered, You know everything. You know I love You.
Jesus said: Simon Peter, take care of My sheep.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise...to the Door of Mercy which is open to sinners, to the Harbour of Life awaiting the mortal ones, to the Cleansing Hyssop which purifies those who are stained and yearns for the penitent. To Him belongs glory, honour and adoration, at this time of the Night Vigil...

Lord Almighty, God Everlasting, Creator and Giver of Life to all flesh, You created us in Your image and You gave us a law that we might live a life without blame. And after we had sinned, You gave us the pledge by grace that we should rise again. Now turn to Your servants who have bent the necks of their souls and bodies in sorrow before You. Receive them according to Your love of humankind, because You do not desire the death of the sinner, but that in penitence he may turn from his evil way and live... You are He who received the tears of the adulterous woman and the repentance of Zacchaeus the publican...and the faith of the thief. You are He who wills that all people should be saved and come to the knowledge of the truth. You are He who received the prodigal son who had squandered his possessions, and You had compassion on him in fatherly love.

Therefore, Lord, receive our penitence and make us stand before You without shame. Bestow on us pardon of our faults and make us experience Your love. Give rest to all the departed believers that we and they may offer You praise and thanksgiving, now and always and for ever. Amen.

Hymn

Your servants shall give thanks to You, Lord, halleluia.

By night we have risen to give thanks to the Son of God,
for by night there will be a cry: The Lord is coming!
The just and the righteous, the prophets,
the apostles and the martyrs will go forth to meet Him
and enter with Him the bridal chamber, full of joy.
They will inherit life and the Kingdom and sing praise.
Halleluia, to the Lord be glory.

And Your holy ones will bless You, halleluia.

There is no night when we do not remember You, O Lord.
By night we meditate on You and Your wonderful mysteries.
We heard the voice of Daniel saying
that a stream of fire flows from Your presence.
Our offences are many and we must pass through it.
Let Your grace persuade You to compassion, halleluia.
In Your tender love be gracious to all.

Glory be to the Father and to the Son and to the Holy Spirit.

In the middle of the night David arose to give praise
for the wonders of the Divinity and the laws of the Most High.
He looked up to the vault of heaven and saw
the stars and the beauty of their courses.
He felt the peace and calm of the creation,
his heart was filled with wonder and he gave thanks
to You, Lord, halleluia, because he saw these marvels.

From age to age and for ever. Amen.

Tell me, King David,
what is the praise which you sing by day and by night?
Halleluia is the praise which angels and Wakeful Ones sing.
The Holy Spirit taught it to me
and I taught it to the priests, and behold,
the Churches and the monasteries sing with one accord,
halleluia, to the Lord be glory.

Supplication Song Lord, be gracious to us and help us.

You who have compassion on sinners
have compassion on us on the day of Your judgement.

And forgive us our offences in the abundance of Your goodness.

At Your door, O Compassionate One, those who are afflicted knock.
Answer their requests in Your graciousness.

Your door is a door of mercy, O Jesus full of mercy.
We enter burdened with sins but go out loaded with grace.

Our Father in heaven, we beseech You,
receive our service and be gracious to all.

Glory to Him who said: Call and I will answer.
Knock and I will open. Ask and I will give.

Lord of those above and hope of those below,
receive our service and be gracious to the whole world.

The sanctnary lamps are lighted now and the curtain is drawn aside to celebrate the coming of the Day. The Fourth Watch that follows is already a Morning Service.

FOURTH WATCH

Service of the Communion of Saints Halleluia, halleluia... p. 33

Cosmic Praise Praise the Lord from the heavens...

Supplication Song Lord, be gracious to us and help us.
We call upon You, Lord, our Lord, come to our help,
hear our supplication and be gracious to all.

Lord, our Lord, Lord of the Wakeful Ones and the angels,
hear our supplication and be gracious to the whole world.

At night David awoke to offer praise
and gave thanks for the wonders of the Godhead.
We also at night keep watch and pray,
and with the psalms of David chant praise spiritually.

For him who awakes to sing praise by night,
the fear of the darkness is driven away.
For him who praises the Godhead by night,
the night on which he rises to sing praise is like the day.

By You, Lord, may we be enlightened, for You are as the day
for those who love You. You are the light, O Lord,
enlighten our minds that we may see Your compassion.
The paths of this world are full of snares. He who walks
with You does not stumble because You are the Day.

The Wakeful Ones in the heights who never sleep
will praise You, O Lord, in the place of those on earth
whom the sleep of night keeps silent.
The sea will praise You, the dry land will praise You,
the air will praise You who are praised by Your works.
To You be praise from the whole creation.

Hear us, O God! Hear us, O God!
Be gracious to the whole world!

And make the hearts of the children of men turn to repentance.

Concluding Prayer

Lord Jesus Christ,
do not close the door of Your mercy on our faces.
Lord, we confess that we are sinners, be gracious to all.

Your love made You descend from Your place to us.
Lord by whose death our death was ended,
be gracious to the whole world.

Trisagion Holy are You, O God... p. 30

MEDITATION

Morning Prayer on Monday

Invocation In the name of the Father... p. 25

Trisagion Holy! Holy! Holy! Lord... p. 25

Doxology Glory be to the Father... p. 26

Opening Prayer Creator of the morning... p. 38

Morning Psalms 51 & 63 Be gracious to us... p. 38

Response

We have come before You to worship in Your presence,
Lord of heaven, pardon us all that we have sinned against You.

In the morning we beseech You, Good and Gentle One,
pardon us, all that we have sinned against You.

Longing for Your mercy we beseech You, Good and Gentle One,
pardon us all that we have sinned against You.

In the morning You drew Simon from the raging sea,
draw Your Churches, Lord, from schisms and rivalries.

Light, and Son of Light, abiding in light and resting in light,
make us worthy of that light which darkness does not overtake.

The light gladdens the creation at the hour of morning,
all that are in it stand to sing praise and offer thanksgiving...

In the Jerusalem which is above and in the Church on earth
make memory, Lord, of Your servants who have slept in Your hope.

Glory be to the Father... From age to age...

Glory to You, Lord, whose praise is in heaven and on earth.
Those in heaven and those on earth offer praise to You.

Psalm 113 Praise, you servants of the Lord... p. 40

A SEED OF THE WORD
A PRAYER FOR BEING INITIATED INTO THE MYSTERY OF THE ABSOLUTE

O Thou that art manifest, be Thou manifest to us.
From the unreal, lead us to the Real.
From darkness lead us to Light.
From death lead us to Immortality.[4]

Hymn for the Morning

Rich and poor together.

In the morning we hasten to prayer like Abraham to the sacrifice,
that on the great day which is to come
we may see Christ and He may say to us:
Come in peace, good and trusty servants.
Enter and inherit the Kingdom and life which does not pass away.

They shall pass but you shall remain.

The night has passed, as it is written, the day has come.
Beloved, we have risen to pray while there is time.
Our Lord said in the Gospel: To him who calls I will answer.
To him who knocks I will open, and he shall obtain mercy.

Glory be to the Father and to the Son and to the Holy Spirit.

Glory to the Trinity before whom we will be judged.
Glory to the Trinity which forgives our offences.
Glory to You, O God. The darkness will not overtake
anyone who believes in You, for Your light shines in him.

From age to age and for ever. Amen.

God is Spirit. He seeks those who worship in spirit.
Blessed is he who worships Him in spirit and in truth.
The prophets worshipped Him in spirit,
and the apostles in the Holy Spirit.
See, now the Church of believers worships and sings praise.

For the Mother of God

Most High, exalted in glory on high, you were pleased
to be carried in the womb of the Blessed Virgin,
make Your peace and tranquillity dwell in us
and in the four quarters of the earth.

From the midst of the ranks of the Fiery Ones, a Wakeful One flew
and descended to Nazareth to Mary and announced to her,
The Lord is with you and shall come forth from you,
He who is the Saviour of the whole creation.

As the fire rested on the bush and it was not consumed,
God descended and rested on the Virgin,
for He was pleased to take flesh from her,
and He did not break the seal of her virginity.

Like to a pearl without flaw set in the crown of the king,
such is the Holy Virgin Mother of God.
Her brightness shines like the sun, from all sides.
Her memory is celebrated in heaven and on earth.

For the Saints

Our Lord Jesus sent twelve physicians
to the four quarters of the earth, saying to them,
Drive out the devils from all people. Heal those who are sick.
Freely you received all gifts, give also freely.

Glory to the Son of God who has power on sea and on land.
Yet He chose simple men to announce the Gospel.
From the sea He chose Peter, and from the road Paul,
and made them both builders of His Holy Church.

The blessed martyrs were ascending to the Jerusalem above
and the Holy Spirit met them and welcomed them saying:
Come in peace, my brothers and my sisters,
children of the heavenly marriage chamber, come, enter,
inherit the Kingdom and life which does not pass away.

In the arena the martyrs saw Christ hanging on the Cross,
His side pierced with a lance,
and blood and water flowing from it.
They were clothed with divine strength
and they encouraged one another, Come, let us die for our Lord!

For Repentance

In Your light we shall see light, Jesus full of light.
You are the true light which enlightens the whole creation.
Enlighten us with Your joyous light,
O Radiance of the Heavenly Father.

Pure and Holy One who dwell in the habitations of light,
keep away from us evil passions and ill feelings,
and grant us to do good deeds
with purity of heart.

Not for the sake of the just did I come,
said our Lord, but for sinners, that they may repent.
Behold, the door of the Lord is open.
O sinners, repent and live, for I desire not your death, says God.

Blessed are those who forgive others who have offended them.
When they call upon God, they will be given mercy.
For our Lord said in the Gospel: Blessed are the merciful,
mercy shall be upon them on the day of the resurrection.

For the Departed and the Resurrection

Let us remember our fathers who when they were alive
taught us to be children of God in this passing world.
May the Son of God give them rest in the Kingdom of heaven,
with all the just, in the world which does not pass away.

Listen to the Son who said that in the hour
when the dead shall hear the living voice of God,
they shall stand and be raised up,
those who have done good, for the resurrection of the new life,
and those who have done evil, for the resurrection of judgement.

The departed in Sheol await You, Lord.
Lord of all, make Your light shine upon them,
and shed on them the dew of Your graciousness,
that Gehenna may not draw near them
and the worm may not fasten on their flesh.

Make a good memory, Lord, of the departed believers
who ate Your holy body and drank Your life-giving blood.
And make them stand at Your right hand
on the day of Your great manifestation.

Prayer for the Burning of Incense

By this incense which we present... p. 41

A SERVICE OF REPENTANCE

From Psalm 5

Give heed to my words, O Lord, give heed to my groaning,
halleluia, halleluia,
hear the sound of my cry, my King and my God.

For it is to You that I pray,
halleluia, halleluia.
Lord in the morning hear my voice.

In the morning I prepare myself to appear before You,
halleluia, halleluia,
because You are God You are not pleased with wickedness.

The wicked cannot dwell with You,
halleluia, halleluia,
the proud cannot stand before Your eyes.

Glory be to the Father... From age to age...

Common Response

Sons of the Father in heaven
you who do the will of the Lord,
praise Him and thank Him and exalt Him
and bless Him for ever and ever.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise...to the Good Lord who takes pleasure in sinners who knock at His door and does not exclude from His mercy those who beseech Him as God and Saviour, to heal and make whole His servants who come to Him with a broken heart... To Him belongs glory, honour and adoration at this time of morning...

Lord God, we beseech You, at this hour, on behalf of Your servants who bow before You, begging from You pardon of offences and reconciliation with You, pardon, blot out the sins of all those who acknowledge Your Beloved Son, our Lord Jesus Christ. Yes Lord, God of strength, pardon them in Your goodness, by the Amen of the archangels and angels, by the Amen of the thrones and dominions and the Fiery Ones and all the companies on high. Let them cry Amen in their dwelling places. And let the proclamation of the forgiveness of sins be heard from the glorious throne of Your Majesty, and we will offer You praise and thanksgiving, now and always and for ever. Amen.

Hymn for the Morning

In the morning the trumpets sounded and the walls of Jericho fell,
while the people of Israel cried, the Lord is God.
In the morning we lift up our voices to sing praise to God,
that He may be gracious to the whole world.

In the morning Daniel prayed in the lions' den.
And in the morning Jonah prayed in the depths of the abyss.
You who rescued Jonah from the sea and Daniel from the den,
save us from the Evil One and be gracious to all.

Glory be to the Father and to the Son and to the Holy Spirit.

Glory to the Heavenly Physician
who descended from the heights to the depths
that He might heal the diseases of the race of Adam.
The lepers met Him and were cleansed, the blind and they saw the light.
The sinful woman approached Him and received forgiveness.

From age to age and for ever. Amen.

The angels in heaven, and on earth the children of men,
come and worship Your Majesty while they cry out:
Holy are You, O God. Holy are You, the Strong.
Holy are You, the Deathless who were crucified and redeemed us.

Supplication Song Lord, be gracious to us and help us.

Open to us, our Lord, Your great door,
You who are full of graciousness.
Hear our supplications and be gracious to all.

Lord of the mornings and ruler of all seasons,
hear our supplications and be gracious to the whole world.

Shine forth upon us, our Lord,
and from Your light we shall shine like the day.
In light we will sing Your praise while we marvel.
May the morning awaken us to the praise of Your Godhead,
and we will pursue the meditation of Your word all the day.

With the day, may Your light enlighten our thoughts
and remove from our minds the darkness of error.
Now the creation is all light, give light also to our hearts,
that we may praise You with the day and the night.

Behold, the morning brings pure incense offered to You.
We also offer to You all the praise, which is Your due.
At Your command the sleep of night has passed from us,
make to pass with it the sin that wounds and afflicts us.

The mornings and the evenings praise You, Lord, in their changes,
and we present to You the sweet incense of their offerings.
The priests and deacons of the whole Church praise You,
who gladden us with Your joyous light. To You be praise.

O Light that enlightens all creatures,
at the time of morning enlighten our minds
that they may praise You for Your goodness.

Concluding Prayer

It is good to give thanks to the Lord,
to sing praise to Your name, Most High,
to proclaim Your goodness in the morning
and Your faithfulness in the night.

Lord, in the morning, we pray, hear our voice.
In the morning we prepare ourselves to be with You.
Lord, have compassion on Your people.
Lord, pardon and forgive the sins of us all.

Holy One, let Your right hand rest upon us
and pardon our weaknesses because Your name is for ever. Amen.

Trisagion

Holy are You, O God. Holy are You, the Strong.
Holy are You the Deathless who were crucified for us.
Have mercy on us. (3 times)

Lord, have mercy on us. Lord, have pity and mercy on us.
Lord, receive our service and our prayers and have mercy on us.

Glory to You, O God. Glory to You, Creator.
Glory to You, Christ the King,
who have compassion on Your sinful servants, Bless, Lord!

Our Father in heaven... Hail Mary, full of grace...

MEDITATION

TUESDAY

THE KINGDOM OF GOD MADE PRESENT IN THE CHURCH THROUGH THE WORD OF GOD THE HOLY MYSTERIES AND THE OUTPOURING OF THE HOLY SPIRIT

Church of Christ, born from His side on the cross...
In you is the Gospel of life, the gift of the Holy Spirit...
He hovers over our assemblies as over the primordial waters...
restoring in us the liberty of the children of God.
Evening Prayer

Evening Prayer on Tuesday

Lamp Lighting Hymn Joy-giving light... p. 27

Doxology Glory be to the Father... p. 26

Opening Prayer Grant us, Lord God... p. 27

Evening Psalms We call upon You, Lord... p. 27

Common Response for the Church

Church of Christ, born from His side on the Cross,
in you men are built into a spiritual dwelling for God.
In you is the Gospel of life, the gift of the Holy Spirit
in whom we are reborn of water to share in God's life.
He hovers over our assemblies as over the primordial waters.
He sanctifies the bread of life into a memorial of immrotality
restoring in us the liberty of the children of God,
the first fruits of the Lord's coming in glory.

Hymn for the Evening Incense

In heaven and on earth

Be pleased, Lord, with the fragrance of this incense,
as You were pleased with the gifts of the wise men in the cave,
with their offerings of gold, of incense and of myrrh,
as they bowed down to the ground to make homage to God.

Praise Him all you peoples

May this incense which Your servants offer to You
for the evening sacrifice, in homage to Your Godhead,
be well pleasing to You, O Lord.
May it be for the remembrance of Your mother and of Your saints.

Glory be to the Father and to the Son and to the Holy Spirit.

Glory to You, Jesus, the One Beloved Son of the Father,
who are seated at the right hand,
while the Wakeful Ones and the angels cry:
Holy! Holy! Holy! to You...

From age to age and for ever. Amen.

We have entered Your house, O Lord,
for the sacrifice of praise at this evening hour.
Make our prayer arise before You like a fragrant incense,
and pardon us, all that we have sinned against You.

A Seed of the Word The Breath of Life[5]

In the beginning God created the heavens and the earth.
The earth was formless. Darkness covered the deep.
But the Spirit of God hovered over the waters...
From the dust God formed Adam into a living creature,
breathing into his nostrils the breath of life.
God's Spirit fills the universe and holds all things together.

Adoration to You, O Breath of life, who rule the whole creation
Lord of all on whom all things are based.
Adoration to You, O Breath of life, adoration to Your uproar.
Adoration to You, thunder, lightning.
When You pour rain upon the plants, they conceive,
leaves and flowers burst forth in great numbers.

Adoration to You, when You come, when You go,
when standing still or when You come to rest.
O Breath of Life, You take care of all living creatures
as a father takes care of his beloved son.
You are supreme, all things revere You, Lord of all,
Lord of whatever breathes and of whatever breathes not.

O Breath of Life, You rule all life, all moving things.
You stay awake when others sleep and never fall down prone.
Turn not Your back on me.
None other than, I, shall You be.
As an embryo in the waters bursts into life,
so I, within myself, bind You, that I may live.

For the Mother of God

Our mouth is not sufficient to tell the story of your praises,
Holy Virgin Mary, Mother of God.
Your story is higher than words can tell,
in that you became the Mother of the Lord of all creatures.

The chariot of the four-faced Winged Creatures
with their radiance from within, like glowing flames,
who go wherever the Spirit prompts them,
cannot be compared with you, O Chariot of God's Flesh.

Gabriel flew on the wings of the wind.
He came to you with a greeting of peace.
Peace be with you, full of grace, the Lord is with you,
from you shall come forth the Saviour of the whole creation.

In you we take refuge, at this evening hour,
Mother of God, we seek your intercession, pray for us.
Pray and beseech your Only Son,
that peace and tranquillity may reign all over the world.

For the Church

You are blessed, O Church of believers.
The powers of death shall never prevail against you.
The life-giving word of the Son is your strength.
And He gives you His flesh to eat and His blood to drink,
the chalice of salvation in pardon for your people.

O earth, O earth, remember the word of the Lord
when He promised to His Church: I will never forsake you.
I will be with you always...to the end of time.
Your walls, O Church of true believers,
are always before Me, for I Myself dwell within you.

Blessed is He who built the Holy Church
on the palm of His hand and placed as her foundations,
the prophets, the apostles and the holy martyrs,

and assembled in her all the peoples of the earth.
Behold! They offer praise to Him by night and by day.

Church all holy, born on the Cross, of the side of Christ,
you became His bride by the outpouring of the Spirit.
Church of sinners and Church of saints,
lead the world to fulfilment, until God is all in all.

For Repentance

Repent, the Kingdom of God is upon you, says the Forerunner.
Repent for the baptism with the Holy Spirit and with fire.
Repent and be baptized in the name of Jesus, says Peter,
in the glory of Pentecost. Lord, make us repent,
that we may truly be children of Your Kingdom.

Our hearts are ready, O God, our hearts are ready,
happy to sing praise at this evening hour.
Grant us and make us worthy,
on the day when Your mercy appears in majesty,
to praise You in the company of Your saints.

God's Love is our Salvation

Hear again my word supreme,
the deepest secret heard only in the silence of the heart.
Because I love you much
I speak to you words of salvation.

Give your mind to Me, give Me your heart,
and your sacrifice and your adorations...
You shall in truth come to Me, for you are dear to Me.
Give up all things and turn to Me, your only refuge.
I will deliver you from all evil, fear no more.[6]

For the Resurrection

Of all the departed who were clothed with You in baptism,
who ate Your flesh and drank Your blood
and who slept in Your hope,
make memory, O Lord, here and above in heaven,
and give rest to their spirits.

The voice which sounded from the top of the tree
and the creation trembled, shall call and arouse from the dust
those who sleep in Christ. They shall be clothed
in a garment of glory, and go forth
to meet the Son of their Lord at His second coming.

Prayer for the Burning of Incense

Accept, Lord, in Your compassion... p. 29

A SERVICE OF THANKSGIVING FOR GOD'S MERCIES

From Psalm 103

My whole being, give thanks to the Lord,
halleluia, halleluia.
All my being, bless His holy name.

My whole being, give thanks to the Lord,
halleluia, halleluia.
and never forget His blessings.

It is He who forgives all our guilt,
halleluia, halleluia.
He heals every one of our ills.

He redeems our life from the grave,
halleluia, halleluia.
He crowns us with love and compassion.

He fills our life with good things,
halleluia, halleluia.
He renews our youth like that of the eagle.

Glory be to the Father... From age to age...

Common Response

Lord, accept our service and open Your door to our prayer.
From the treasury of Your love satisfy our requests.
Spread Your peace on earth that we may thank and praise You and all confess You according to their power.
May the crown of the year reveal Your love to all.
May the poor eat, be satisfied and praise Your glorious name.
Your love is boundless which provides for all our needs.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to You, the One Beloved Son of the Father, who gave Your life for Your people and made the Church Your bride, and entrusted to her the Holy Mysteries by which we are made partakers of the divine nature. To You belongs glory, honour and adoration, at this time of evening...

Praise to You, Gentle Son of the Mighty Father, who of Your own will came to the river Jordan and stood naked in its waters to hallow them for the remission of our sins in baptism. Praise to You, Heavenly Bridegroom, who call all peoples to Your marriage feast where You Yourself are immolated and given to them as the food of immortality. Praise to You, Apostle of the Father, who sent Your Holy Spirit to Your Church, and He descended on the disciples in the form of flames of fire. Praise to You, Word of the silent Father, who entrusted Your word to Your Holy Church and she enshrined it in Your Gospel, and she gives it to us to be born anew and to draw life from it, as we meditate on it at this evening hour.

Therefore we beg and beseech You, Christ our Lord, reveal to Your little flock here gathered in Your name how Your Spirit dwells in the Church and in the hearts of men, how He comes to our aid and prays in us, and joins with our spirit to make us aware that we are children of the Father, Your brothers and sisters and temples of the Holy Spirit. Complete in Your Church the work of salvation now entrusted to her care that she may truly be the sacrament of unity of all humankind, made one in the unity of the Father and of the Son and of the Holy Spirit, one God who is above all and through all and in all, for ever. Amen.

Hymn for the Evening

Blessed is He who is giving us
an evening of peace and a night of repose,
when the weary labourers rest to offer praise,
to the Father who created us in His compassion,
to the Son who redeemed us by His Cross
and to the Holy Spirit who pours God's love into our hearts.

At night when the ship travels by sea,
the sailors are watchful
that it may not be sunk in the waves
and the whole merchandise lost.
Beloved, let us be watchful and pray
lest we fall away from God's love and be drowned in sin.

Glory be to the Father and to the Son and to the Holy Spirit.

Let us take up our harps, beloved, and sing praise,
as King David took his harp inspired by the Holy Spirit.
Let us beg of our Lord in prayer that His calm and peace
may dwell in the four quarters of the earth.

From age to age and for ever. Amen.

Blessed is he who keeps his faults before His eyes,
like David, the just king and glorious prophet,
who cried in his repentance with all his heart,
Have mercy on me, O God, and forgive me my fault.

Supplication Song Lord, be gracious to us and help us.

We call upon You, Lord, our Lord, come to our help,
hear our supplication and be gracious to all.

Lord, our Lord, Lord of the Wakeful Ones and the angels,
hear our supplication and be gracious to the whole world.

The Son of God comes to judgement and to trial.
Who will not be afraid when the judge comes?
He judges by fire and His word is like a flashing sword,
and by fire He separates the wicked from the just.

It is not as when He came in His coming by the Cross,
that He will come in that second coming.
At the first coming He came as a sacrifice for sinners,
in this He will come to pass the judgement of justice.

He will try the whole world like gold in a crucible.
When the fire finds any impurity it burns it.
We must be in fear, beloved, of this coming of the Son.
And let everyone be born anew through repentance.

Glory to the Father who has given all judgement to the Son.
Adoration to the Son who judges the world in righteousness.
Thanksgiving to the Spirit, who shows no partiality.
To the One God in Three, all praise.

Christ before whom all the defects of our being are revealed,
in the hour when You come to judgement have mercy on us.
Have compassion on Your own image that it may not be lost.

Concluding Prayer

Lord Jesus Christ
do not close the door of Your mercy on our faces.
Lord, we confess that we are sinners, be gracious to all.

Your love made You descend from Your place to us.
Lord by whose death our death was ended,
be gracious to the whole world.

Trisagion Holy are You, O God... p. 30

MEDITATION

Night Vigil on Tuesday

Glory be to the Father and to the Son and to the Holy Spirit.

And on us weak and sinful servants
mercy and compassion in both worlds for ever and ever. Amen

Trisagion Holy! Holy! Holy! Lord,...p. 25

AWAKENING SERVICE

Opening Prayer Awaken us, Lord,...p 31

Night Psalms Bless, Lord! Bless the Lord, all you who serve...

Response

Awake sinners while there is time for conversion.
With tears of compunction and sighs of repentance,
let us purify our hearts by cleansing away our sins.

We who have sinned cannot neglect repentance.
Our Lord turns with love to those who repent.
In His tender compassion He forgives our transgressions.

As we wish that our offences should be forgiven,
let us call with passion upon our God
and He will forgive us our faults.

Body, soul and spirit beseech You with repentance, our Lord.
They cry with passion and say: Lord of all, glory to You...

We tremble with fear at the hidden faults we have committed.
O God, Lover of Humankind, show us Your compassion.
Be gracious to us in Your mercy, O Lord of all.

Glory be to the Father... From age to age...

A new praise and a pure thanksgiving we offer to You.
And to You we cry: Lord of all, to You be praise.

FIRST WATCH FOR THE MOTHER OF GOD

Common Response

The Virgin has called us to tell her story
and we are filled with wonder.
Son of God, enrich our harps with Your gifts,
that we may fashion an image of Your Mother, full of wonder.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise...to the Everlasting Light and Giver of Life to the creation whom the Wakeful Ones worship, and the darkness does not over take. To Him who did not cease to be the Son of the Heavenly Father when He descended and dwelt in the Pure Virgin, Holy Mary, and visited our race out of graciousness and compassion, the Good One, to whom belongs glory, honour and adoration, at this time of the Night Vigil...

What mind or tongue can suffice to praise the Mother of God, Mary... the Virgin Mother who brought forth God who took flesh from her, and through her was paid the debt of Adam. Since she is the Mother of God we will call her blessed, as she prophesied concerning herself and said: All generations shall call me blessed. And we will say: Blessed are you who were mother to Him whose burning might the heavens cannot contain. Blessed are you who carried in your arms Him who holds the whole creation in His hand, and who gave milk to Him at whose gesture the springs flow.

Therefore we beseech You, Christ our God, by the prayers of Your Mother, look upon us with graciousness. Give health to the sick and relief to the afflicted, hope to the living and rest to the dead. To our weakness grant that we may be changed, that from being impure we may become meek and gentle, always keeping our hearts in purity. And make us worthy to come to a blessed end, that we may offer You praise and thanksgiving, now and always and for ever. Amen.

Hymn

In heaven and on earth and in Eden, halleluia.

How fair is the day of your remembrance, O Blessed One!
How lovely the day of your festival all over the earth!
Behold, Churches and monasteries rejoice and sing praise,

sea and land exult, trees and birds make music
and give glory to the Wakeful One who awakes our sleep,
and on your feast makes us worthy to sing thanksgiving to Him.
Praise to Him from every mouth in heaven and on earth.

The queen is at Your right hand, halleluia.

Behold, Mary, your name is honoured in the four quarters.
Who would not praise your memory when Christ has magnified you,
Palace of Holiness in which the King came to dwell.
New Heaven, you carried God the Word in your arms.
You embraced the Flame and gave milk to the Devouring Fire.
Blessed is He, the Infinite, who was born of you.

Glory be to the Father and to the Son and to the Holy Spirit.

Moses represented you by the bush, Virgin Mary,
Ezekiel by the closed door which the Lord alone may enter.
Gabriel at the end of time gave you the greeting of peace,
because God the Word was pleased to take a body from you.
Glory to Him who so humbled Himself.
Glory to Him who became a son of man.
Glory to Him who redeemed His Church.
Behold, she sings praise.

From age to age and for ever. Amen.

Blessed are you, pride of the whole creation,
Virgin Pure and Holy, Mother of the Most High!
The Word of the Father was pleased to take flesh from you,
and was born from your purity, preserving your virginity.
By you was uprooted the evil of our first mother.
Through you we have won salvation.
May your prayer assist us.

Supplication Song Lord, be gracious to us and help us.

May your prayer be with us, O Blessed One.
May your prayer always be with us.
May the Lord hear your prayers and be gracious to the whole world.

You who are full of graciousness,
pray and beseech Him who is all graciousness,
to be gracious to all who are in distress.

Who is this Virgin standing above the course of the world,
who will not suffer darkness to rule over the creation?
It is Mary who is adorned with the sun, like the day.
When she speaks, the Sun of Righteousness dawns upon the world.

Speak, speak, speak Mary, because you are fair.
For us the speech of your mouth is like that of Gabriel.
Mary says, Blessed am I who gave birth to the King.
I am become the nurse of the King of kings.

May the Veil[7] which shed life on the pathways of the world
make intercession and offer our prayers before God.
She says to her Lord and her Son and her God:
Be gracious to the world for which You endured the passion.

The legions of Gabriel proclaim Your praise, O Son of God.
But surpassing them all appears to us the Daughter of David.
The Wakeful Ones and the children of men upon earth will sing praise
to Him who came forth to us from her purity.

By the prayers of her who carried You for nine months,
Son of God, remove from this world all evil and oppression.

MEDITATION

SECOND WATCH FOR THE SAINTS

Acclamations Blessed be the glory of the Lord... p. 32.

Common Response

Blessed be the Strong One who strengthened the blessed martyrs.
Blessed is He who has honoured the day of their death,
and magnified them in the four quarters of the earth.
Blessed is He who poured out into their hearts the fulness of His love.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord...Compassionate Lord, we praise...

Praise... to God the Word who walked the way of suffering to slaughter, and His disciples followed Him to death for the reign of peace and justice with love in the world. To Him belongs glory, honour and adoration, at this time of the Night Vigil...

We beseech You, Lord, for the peace of the world, raise up from among all peoples and nations true prophets and planters of the truth, earthly stars on the paths of life, to make humankind to grow into a deeper awareness of the common destiny of the human family, and of the solidarity of all peoples of the planet, that while being truly concerned with the course of daily life, and the needs and rights of all that has life, we may be seized in the core of our being with the first and last questions, the true meaning of life, as our crossing over through death to immortality. And may the Divine Image impressed at the beginning on the human family, be restored in the whole creation, that it may truly be the Kingdom of God, and the human family as the body of God, holding within itself the fulness of Christ, who encompasses the entire fulness of God, who becomes all in all: over all, through all, and in all, for ever. Amen.

Hymn

Why do you look upon the just being persecuted,
O Merciful Lord, and disregard Your servants?
David was hunted after by Saul. Isaiah was sawn in two parts.

Daniel was thrown into the lions' pit
and the three young men into the blazing furnace.
John was beheaded to please Herod's dancing girl.
You who do justice to the oppressed, be gracious to all.

Come, beloved, let us consider who were the labourers
whom the Son of the King hired for the vineyard of His Father.
In the morning of the day He hired Abel and Seth.
At the third hour Abraham, Isaac and Jacob.
At the sixth hour the prophets. At the ninth hour the apostles.
At the eleventh hour the thief and He took him to Paradise.
May their prayer assist us.

Glory be to the Father and to the Son and to the Holy Spirit.

When the martyrs appeared in the court before the judges
they were clothed in the Spirit of Him who was crucified.
Their minds were strengthened with faith.
They looked on tortures and torments and were not shaken.
They suffered for justice on earth, and triumphed in heaven.
Behold, they are become a stronghold for us.
Under their wings keep us, Jesus full of graciousness.

From age to age and for ever. Amen.

Holy martyrs, you acquired wings of invincible faith
and you flew in the air. Instead of the world and its
glamour which you hated, you ascended on high.
Instead of rank and power, you inherited life.
Who can tell your deeds?
The Holy Spirit dwells in your bones,
and kings bow before you.
May your prayer assist us.

Supplication Song Lord, be gracious to us and help us.

Make us to share, Lord, in the memory of Your saints
the prophets and seers and all those who sought You.
men of vision who committed themselves to You.

By the prayer of those who realized You
with their inmost self absorbed in You,
draw us and all things to Yourself, our Lord.

Who is my true devotee? says the Lord.
He who has no thought of I or mine,
who has good will for all creatures,
who is friendly to all and full of compassion,
even-minded in pain and pleasure, and who is forgiving.

The yogi ever content and full of My joy, says the Lord,
whose soul is in harmony, whose determination is strong,
whose mind and inner vision are set on Me,
he is My true devotee and he is dear to Me.

He whose peace is not shaken by others
and before whom other people find peace,
beyond excitement and anger or fear,
he is My true devotee and he is dear to Me.

He who is free from vain expectations and is pure,
who is wise and knows what to do,
who in inner peace watches both sides,
who shakes not, who works not for himself but for God,
this man loves Me and he is dear to Me.[8]

By the prayer of those who realized You
and to whom You gave a sure hope of immortality,
draw us and all things to Yourself, our Lord.

MEDITATION

THIRD WATCH **FOR REPENTANCE**

Acclamations Blessed be the glory of the Lord... P. 32

Common Response

Forgive us, Lord, Your unworthy servants.
In the company of the saints we have not profited.
We have not learned their ways.
We have become strangers to the life they taught us.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to Him who is known as Trinity, and is glorified and exalted as Trinity, and worshipped by angels and children of men, mortal creatures, the Father and the Son and the Holy Spirit. To Him belongs glory, honour and adoration, at this time of the Night Vigil...

O God who after fashioning heaven and earth created humankind and set them as head over all that is on earth, we offer You, we Your servants, prayers and intercessions for the peace of the world and the reconciliation of all nations. We pray on behalf of all living creatures who are afflicted or oppressed, and who look to You for relief. Make us all work with You for the removal of evil, that the human family may rise from its enslavement to sin, and true freedom reign among the people, and justice with love prevail all over the world. And we will offer praise and honour to Your Most High Trinity, now and always and for ever. Amen.

Hymn

The Harp of the Holy Spirit, halleluia.

David, the son of Jesse, called me by his psalms
and awakened me from the sleep in which my limbs were laid.
He said to me: Rise up, O man, why do you sleep?
In the middle of the night supplication is made to the Judge.
Pray and beg for pardon, for by tears our Lord is moved,
and His door is open to the penitent by night and by day.

Hear, Lord, the voice of my petition, halleluia.

We remember You at night, O Lover of Humankind,
and meditating on You we see our faults
and we are ashamed to call upon You.
But the thief, the publican and the sinful woman encourage us.
The Canaanite woman and the woman who had been suffering so long
and the Samaritan woman at the well of water,
all say: Come and receive mercy,
for your Lord is full of love.

Glory be to the Father and to the Son and to the Holy Spirit.

By night awaken our hearts to sing praise to Your Goodness,
O Son of God, and to give thanks for Your Sovereignty.
The Evil One wishes to drown us in the sea of sin
and he drowns us in sleep that we may not sing Your praise.
Strengthen us that we may always rise at night,
to offer You praise and adoration, and experience Your love,
and cry to You with open faces: Glory to You, O Lord.

From age to age and for ever. Amen.

By night David sang before God psalms of the Holy Spirit:
A pure heart create for me, O God, and a steadfast spirit.
By night we also have risen to praise You
on account of the wonders You have done for our race.
You created us in Your image and likeness.
You endowed us with freedom to will.
You showed us the fair beauty of the work of Your hands.

Supplication Song Lord, be gracious to us and help us.

You who have compassion on sinners,
have compassion on us on the day of Your judgement.

And forgive us our offences,
in the abundance of Your goodness.

At Your door, O Compassionate One, those who are afflicted knock,
answer their requests in Your graciousness.

Your door is a door of mercy, O Jesus full of mercy.
We enter burdened with sins but go out loaded with grace.

Our Father in heaven, we beseech You,
receive our service and be gracious to all.

Glory to Him who said: Call and I will answer.
Knock and I will open. Ask and I will give.

Lord of those above and hope of those below,
receive our service and be gracious to the whole world.

The sanctuary lamps are lighted and the curtain is drawn aside to celebrate the coming of the day. The Fourth Watch that follows is already a Morning Service.

FOURTH WATCH

Service of the Communion of Saints Halleluia... P. 33

Cosmic Praise Praise the Lord from the heavens...

Supplication Song Lord, be gracious to us and help us.

Our Lord, be gracious to us, our Lord, receive our service.

And from the treasury of Your goodness
send us compassion and forgiveness.

By night let those below praise You, watching with those above.
And let them raise the voice of their praise to You,
O Wakeful One who never sleep.

Grant us, Lord, the watchfulness of Your faithful servants
that when You come in the middle of the night,
with them we may enter the abode of life.

Let us not be drowned in sin as in sleep, my beloved.
Let us watch at the door of the Bridegroom,
that with Him we may enter the feast of gladness.

Glory to You, Creator of the days and the nights
who have awakened us to offer praise
to You and to Your Father and to Your Holy Spirit

You who hear prayers and receive petitions,
hear our prayers and be reconciled with us.
And in Your tenderness answer our requests.

Concluding Prayer

Lord Jesus Christ,
do not close the door of Your mercy on our faces.
Lord, we confess that we are sinners, be gracious to all.

Your love made You descend from Your place to us.
Lord, by whose death our death was ended,
be gracious to the whole world.

Trisagion

Holy are You, O God. Holy are You, the Strong.
Holy are You the Deathless who were crucified for us.
Have mercy on us. (3 times)
Lord, have mercy on us. Lord, have pity and mercy on us.
Lord, receive our service and our prayers and have mercy on us.

Glory to You, O God. Glory to You, Creator.
Glory to You, Christ the King,
who have compassion on Your sinful servants. Bless, Lord!

Our Father in heaven... Hail Mary, full of grace...

MEDITATION

Morning Prayer on Tuesday

Invocation In the name of the Father... P. 25

Trisagion Holy! Holy! Holy! Lord... P. 25

Doxology Glory be to the Father... P. 26

Opening Prayer Creator of the morning... P. 38

Morning Psalms 51 & 63 Be gracious to us...P. 38

Response

Light of the world, Son of God,
we have risen early to come before You, be gracious to all.

Jesus God, true light of the world,
we have risen early to come before You, be gracious to all.

Christ God, splendour of the Father,
we have risen early to come before You, be gracious to all.

God of gods and Lord of lords,
we have risen early to come before You, be gracious to all.

Awesome and Glorious One, who do marvellous things,
we have risen early to come before You, be gracious to all.

We acknowledge that we have sinned and therefore,
we have risen early to come before You, be gracious to all.

You who have compassion on sinners
and take delight in those who repent,
we have risen early to come before You, be gracious to all.

Jesus God, image of the Father,
we have risen early to come before You, be gracious to all.

Lord of those above and hope of those below,
we have risen early to come before You, be gracious to all.

Resurrection of the dead and hope of all the departed,
we have risen early to come before You, be gracious to all.

Glory be to the Father... From age to age...

Unity which is worshipped in Trinity,
we have risen early to come before You, be gracious to all.

Psalm 113 Praise, you servants of the Lord... P. 40

A Seed of the Word

Realization of the Inner Light as the Divine Indweller

The Light that shines beyond all things on earth,
beyond us all, beyond the heavens,
beyond the highest, the very highest heaven,
this is the Light that shines in our hearts.[9]

Hymn for the Morning

According to the will of God.

At the time of morning, Lord,
when the doors of heaven are open to prayer,
receive our service,
and in Your graciousness answer our requests.
Give hope and salvation to all who turn to You.

Coming, He will come with joy.

The morning of our Lord will come and suddenly
salvation will appear and He will give to the just their reward.
Blessed are those who have been diligent
in labouring in the vineyard of Christ.
They shall receive their reward in full.

Glory be to the Father and to the Son and to the Holy Spirit.

At the time of morning,
praise to You from those above and those below,
Son who sit at the right hand and by whose command
darkness and Death and Satan are vanquished,
Your light reigns over the world.

From age to age and for ever. Amen.

At the time of morning we worship the Gracious Lord
because there is none like Him from the beginning,
who has power and does not destroy.
With great desire He desires to instruct us.
Praise to Him for His graciousness.

For the Mother of God

The peace of the Father was sent from on high
by the hand of Gabriel to Blessed Mary.
The mouth of the Flaming One was full
when he announced peace to her, saying:
The Lord is with you and shall come forth from you.

Mary was filled with awe and wonder
at the words which Gabriel spoke.
She understood that the Almighty would dwell in her
and she opened her mouth to say to him:
Behold, I am the handmaid of the Lord,
let it be done to me according to your word.

Tell us, Fleeting Cloud, how did you bear the hero of the ages?
Gabriel came and announced to me:
From your womb shall come forth the Redeemer of the World.
Halleluia, halleluia, in truth He is the Redeemer of the World.

In March Gabriel announced Your coming, our Lord,
and in December we beheld Your birth,
O Glorious Offspring of the Father and Lovely Fruit of Mary,
of which the creation takes, and lives by it for ever.

For the Saints

Glory to Christ who built the Church on the palm of His hand
and set up the altar in it, and laid in it as foundations
the prophets, the apostles and the holy martyrs,
who triumphed and were crowned, halleluia, halleluia.
Blessed is He who built His Church and made firm its foundations.

Tell me, martyrs, what was your expectation,
that your bodies endured such torments?
Our expectation was what eye has not seen,
what ear of flesh has not heard
and what has not entered into the heart, halleluia, halleluia,
that which God has promised to those who love him.

You martyrs fell like incense on the fire
and the fragrance of your love was blown all over the world.
Pray to Christ that He may shed His blessings on the Church
and on her people who honour your bones, halleluia, halleluia.
May peace reign in her who honours your bones.

Peace be with you, prophets. Peace be with you, apostles.
And peace be with you, martyrs who loved the Lord of Peace
Peace be with the holy Churches
in which dwell the children of peace.

For Repentance

Lord, may Your Kingdom come,
may Your will be done on earth as in heaven.
Forgive us our sins and offences,
and do not let us enter into temptation,
but deliver us from the Evil One and his powers.

Our Lord, You are the true vineyard
and Your Father is the gardener.
Beloved, let us be vines in the Lord's garden,
and let firstfruits be offered to Him:
watching, fasting, prayer and all good works and services.

O thief, tell us of the beauty of Paradise
and show us the tree of life that we may pluck its fruits:
love, joy, peace, patience, kindness, goodness,
truthfulness, gentleness and self-control,
the harvest of the Spirit in us.

May the grace which preserved King David
from the evil designs of Saul, preserve the Churches,
to be the strength of their people, the support of the weak,
the exaltation of the humble and the lowly,
and the pardon and reconciliation of sinners.

For the Resurrection

By a sign from You, our Lord, the children of Adam and Eve
will be awakened for the resurrection,
and all will be rewarded according to their deeds.
May Your servants find protection
beneath the wings of Your goodness
that they may sing praise to You, halleluia, halleluia,
among the saints who were pleasing to Your will.

In the place full of blessings, the bridal chamber of joys,
may our fathers and brothers take their pleasure
and rejoice and be glad in the company of the saints,
where there is no more death, no mourning, no crying, no pain.
And may they cry glory to You, halleluia, halleluia,
among the ranks of the Wakeful Ones.

Prayer for the Burning of Incense

By this incense which we present... p. 41.

A SERVICE OF REPENTANCE

From Psalm 37

Do not be envious of the evil-doers,
halleluia, halleluia.
Do not be jealous of those who do wrong.

For they will wither quickly like grass,
halleluia, halleluia.
They will fade like the green herb.

Trust in the Lcrd and do good,
hallleluia, halleluia.
You will dwell in the land in security.

Trust in the Lord and He shall grant the requests of your heart,
halleluia, halleluia
Make your way straight before the Lord and trust in Him.

Glory be to the Father... From age to age...

RESPONSE

At the time of morning,
the creation hastens to worship Him
who has driven the darkness from it.
And she sings praise: Glory to You, O God.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to that Morning whose light never sets... to that Day whose brightness is never obscured, to that Child who came forth in secret from the side of the eternal Father. To Him belongs glory, honour and adoration, at this time of morning...

You are the Glorious and Blessed God by whose hands the light was created and who give us the morning that we might take pleasure in it, and behold the beauty of Your wisdom which made the heavens. You spread out the earth upon the waters and brought into existence the sun and the moon and the stars. You adorned the earth with all kinds of beauty and species of variety. For all these things, Lord, we thank and praise You, Sun of Righteousness. At this hour the souls of the apostles rejoice, who by their teaching drove away the fog of error and brought us the Gospel of Life. With them we beseech You that You will unite our praise with the sweet incense which we present in Your honour. Forgive our sins. Enlighten our hearts with Your love. And make us work for Your manifestation in upholding human rights and restoring dignity of life to all the handicapped, the discriminated and the victimized who are with us Your brothers, sons of Your Father and temples of the Holy Spirit, now and always and for ever. Amen.

Hymn for the Morning Peace

According to the will of God

At the time of morning the dove was sent
from the side of Noah the Just, because of the waters of the flood.
And the dove returned to the ark bearing a branch of olive,
the sign of reconciliation and peace.

Coming He will come in joy.

At the time of morning there was a sign of peace in the sky.
A bow of fire stretched out
and the Most High made this promise:
I will not make a flood again from henceforth and for ever.

Glory be to the Father and to the Son and to the Holy Spirit.

At the time of morning, Moses the Elect
prayed on Mount Sinai and God answered him.
He gave him authority and sent him
to deliver Israel from their enslavement in Egypt.

From age to age and for ever. Amen.

At the time of morning, King David
sang to his harp songs of the Holy Spirit.
And all the animals came and assembled
at the sweet sound of his song, as he sang halleluia.

Supplication Song Lord, be gracious to us and help us.

Our Lord, be gracious to us on this passing morning.

And on that morning which does not pass away
make us to stand at Your right hand.

In the morning the creatures come
and knock at Your door, O Compassionate One.
Give them from Your treasure-house
graciousness, compassion, and forgiveness.

The messenger of the morning has come
with the harp of praise in his hand.
He strikes upon it and rouses those who sleep:
Rise and give praise for the light has come.

From morning to morning
we seek Your salvation, O Lover of Humankind.
On Your great morning, when You come,
make us to stand at Your right hand.

On this morning, today, we sing praise to You,
that on the morning which is to come we may magnify You.
On both mornings glory to You, Lord of the two worlds.

As the dove returned to the side of Noah the Just,
bearing a branch of olive,

May our petitions return
and bring us compassion and graciousness.

Concluding Prayer

It is good to give thanks to the Lord,
to sing praise to Your name, Most High,
to proclaim Your goodness in the morning,
and Your faithfulness in the night.

Lord, in the morning, we pray, hear our voice.
In the morning we prepare ourselves to be with You.
Lord, have compassion on Your people.
Lord, pardon and forgive the sins of us all.

Holy One, let Your right hand rest upon us
and pardon our weaknesses because Your name is for ever. Amen.

Trisagion

Holy are You, O God. Holy are You, the Strong.
Holy are You the Deathless who were crucified for us.
Have mercy on us. (3 times)

Lord, have mercy on us. Lord, have pity and mercy on us.
Lord, receive our service and our prayers and have mercy on us.

Glory to You, O God. Glory to You, Creator.
Glory to You, Christ the King,
who have compassion on Your sinful servants. Bless, Lord!

Our Father in heaven... Hail Mary, full of grace...

MEDITATION

WEDNESDAY

THE MYSTERY OF THE WORD'S INCARNATION

THE SON OF GOD BECOME FLESH

THROUGH MARY'S SURRENDER TO HIS WORD

HER DIVINE MOTHERHOOD THROUGH THE HOLY SPIRIT

Peace, peace to all men of good will.
On all men God's favour rests.
He who is born is the peace of the nations.
Out of love God became man, one of the human race.

Blessed are you, pride of humanity,
Blessed are you who became Mother of God.
Like a sweet perfume breathes on the air,
your memory, O Mary, pervades our prayer.

Evening Prayer.

Evening Prayer on Wednesday

Lamp-lighting Hymn Joy-giving light... p. 27

Doxology Glory be to the Father... p. 27

Opening Prayer Grant us, Lord God... p. 27

Evening Psalms We call upon You, Lord... p. 27

Common Response **For the Incarnation of the Word of God**

In the beginning was the Word, as John has written.
And the Word was with God and the Word was God.
All that came to be was alive with His life
and that life was the light of all people.
He descended and dwelt in the womb and became flesh.
He dwelt among us and we saw His glory in the cave,
the glory of the Uniquely Beloved Son of the Father.
He gives us the power to become children of God.
And we saw the glory of the Son full of grace and truth.

Hymn for the Evening **A Prayer for the Vision of God**

Praise the Lord you righteous

When the evening shadows lengthen and the day-light is fading,
and men light the lamps to dispel the darkness of the night,
abide with us, O Lord, be the light of Your servants,
the light that never fades and enlightens all people.

Praise Him all you peoples

Reveal Yourself to us at this evening hour,
as in that place where there is no more night,
and worshippers no more need the light of lamp or sun,
for the Lamb is their light and with Him they reign for ever.

Glory be to the Father and to the Son and to the Holy Spirit.

There the sun shines not, nor the moon, nor the stars;
lightnings shine not there, and much less earthly fire.
It is from Your light that all these things give light,
Your radiance illumines the whole creation.

From age to age and for ever. Amen.

The face of truth is covered as with a golden disc,
unveil it, O Creator of the light,
that we who love the truth may see it...
Spread forth Your rays and gather up Your radiant light,
that we may behold You in Your loveliest form.[10]

A Seed of the Word A Prayer for Fearlessness and Peace[11]

Lead us to a world of freedom, O Wise One.
Lead us to heavenly light, to fearlessness and peace.
Strong is Your arm, O Powerful Lord.
We take refuge in You.

May the atmosphere we breathe, breathe in us fearlessness.
Fearlessness on earth, fearlessness in heaven,
fearlessness above and below, in front and behind.
O Power of God, grant us freedom from all fear.

May we be without fear of friend or foe,
free from fear of the known and the unknown,
free from fear by night and by day.
May all the world be free from fear.

Peace in the atmosphere. Peace in the astral spaces.
Peace on the earth. Peace in the waters.
Peace in the plants. Peace in the forest trees.
God's peace in the whole creation.
Peace! May peace come to us!

Let not your hearts be troubled. Let them not be afraid.
Peace I leave with you. My peace I give to you.
Not as the world gives, do I give to you.
Peace be with you. Receive the Holy Spirit.
He will guide you in all the truth.

For the Mother of God

The angel brought a greeting of peace
to Mary the Virgin, at Nazareth:
The Lord is with you, full of grace,
do not fear, you shall conceive a son.

Peace be with you, Daughter of David,
you shall remain a virgin and have pure milk for the child,
Emmanuel, Jesus the Saviour,
who is to save His people from their sins.

Peace, peace to all men of good will.
On all men God's favour rests.
He who is born is the peace of the nations,
out of love God became man, one of the human race.

Blessed are you, Pride of Humanity.
Blessed are you who became Mother of God.
Like a sweet perfume breathes on the air,
you memory, O Mary pervades our prayer.

For the Saints

Apostles, make intercession to Him who chose you,
to make to cease in the Church and amog her people
divisions and rivalries; behold, disputants surround her on every side,
distorting the faith which You preached to her.
May Your truth, Lord, be a crucible to try her words like gold,
and may her children cry together: Blessed is He
who is the rock of truth on which He built His Church.

By the prayers of the twelve apostles whom You chose,
bless with Your grace the twelve months of the year.
Let summer come in its season, and winter in its turn.
And may the Lord give His blessings and the earth its harvests.
Send down, Lord,the rain of blessings and showers
that the fruits may increase
and the poor and needy may eat and praise Your Name.

For Vigilance[12]

Know that the self is the rider of the chariot
and the body the chariot itself.
Know the spirit as the charioteer,
and the mind as the reins.

The senses, say the wise, are the horses;
and the roads they travel are the paths of desires.
When the self is integrated with spirit, mind and senses
he is called, one who knows what is joy.

He who lacks discrimination, *viveka,*
whose mind is uncontrolled,
is like a bad driver with wild horses,
he remains immersed in mundane life.

He who has right understanding
and for reins a controlled mind,
he it is that reaches the end of the journey,
the tranquil Self, the Spirit that holds all things together...

Enter by the narrow gate; the way to perdition is wide,
but narrow and hard is the road that leads to life.
Awake! Arise! Strive for the highest and remain in the light.
The path is difficult to tread, narrow as the edge of a razor.

For the Resurrection

In the Jerusalem which is above before the throne of Christ,
let memory be made of our brothers and all the departed.
Have pity, Lord, on the bodies which are decaying in Sheol
and give them a form like that of Your own resplendent body.

Lord, have pity on the bodies consumed by corruption,
which were clothed in You by water and the Spirit.
At the feast of gladness, free from all fear, let our fathers find rest,
they who ate the bread of life and drank the cup of immortality.

Prayer for the Burning of Incense

Accept, Lord, in Your compassion... p. 29

A SERVICE FOR THE MOTHER OF GOD

From Pslam 45

The daughter of the king stands in glory,
... halleluia, halleluia,
and the queen at Your right hand.

In cloth of gold of Ophir,
halleluia, halleluia.
Listen, O daughter, give ear to my words.

Forget your own people and your father's house,
halleluia, halleluia.
So will the king desire your beauty.

He is your Lord, pay homage to Him,
halleluia, halleluia.
The people of Tyre shall come with gifts.

Glory be to the Father... From age to age...

Common Response

He has looked tenderly upon His humble servant.
The Mighty One has done great things for His Mother,
God, the Holy One, the Great Lover of Humankind.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them upto the Lord.
Let us offer praise to the Lord...Compassionate Lord, we praise...

Praise... to the Everlasting Light, which shone forth from the Everlasting Light, and sprang forth as the hope of life from the virgin womb of His Mother. To Him who has magnified and extolled the memory of His Mother in heaven and on earth belongs glory, honour and adoration, at this time of evening...

What tongue is able to tell your praises, O Virgin full of all beauty, Mother of Christ our God and Saviour? We acknowledge you as the fountain of life, the source of salvation, the blessed field, the ladder of ascent to heaven. We are full of wonder while we say... Blessed are you, mystical bush and living ark in whom the Most High was seen.

Therefore beg with us, O full of grace, with the Son who came forth from you, that He may blot out our sins in His goodness, and make us and our departed worthy of the dwelling in the Jerusalem on high, close beside Abraham, that from every mouth we may offer glory and honour, now and always and for ever. Amen.

Hymn for the Birth of Jesus

Bethlehem was crowded on account of the census;
there was no room for them to lodge at the inn.
I have no house on earth, no shelter for the child,
no couch to rest but a cave, said Mary.

I will wrap up in strips of cloth
Him who is greater than the Ancient of Days.
I will lay in the manger the Lord of all creatures.
He is the Lord. I am the handmaid. The Church is His bride.

Glory be to the Father and to the Son and to the Holy Spirit

You strengthened me and I carried You, said Mary.
And when I bore You in the cave, You showed me Your glory.
Flashes of light encircled the little crib
and the Fiery Ones with six wings flew above it.

From age to age and for ever. Amen.

Lord, command them to raise their wings, said Mary,
that I may enter and bow and worship You.
And I may give You pure milk, well pleasing to Your will.
Blessed is the Lord of lords who came forth from your womb.

Supplication Song Lord, be gracious to us and help us.

Make us to share, Lord,
in the memory of Your Mother and of Your saints.
By their prayers, Lord, pardon us and our departed.

By the prayer of Your Mother
and of the prophets, apostles, and martyrs, keep the living.
In Your tenderness, be gracious to the whole world.

O Daughter of David, you have great freedom with that King,
your Son, who disposes of all kings.
Intercede for us, we beseech you, pearl without flaw,
with that Fair Fruit which came forth from your womb.

O blessed prophets, apostles and holy martyrs,
come to our help, we take refuge in your prayers, beloved of the Father, initiated in the Mysteries[13] of the Only Son,
take from His riches to strengthen our weakness.

O you departed who dwell in the grave, take courage.
There is good news for you, the resurrection has drawn near.
The Word which formed you in the womb of a woman
will call you and raise up your bodies without corruption.

O You who receive the pure praises of the angels, hear and receive the praise of our lips, and show us Your tenderness.
Be gracious to us and to those who seek refuge
in the memory of Your Mother and of Your saints.
By their prayers, our Lord, be gracious to the whole world.

Above in heaven and here on earth,
in the Church above and in the Churches below,
memory is made of the Blessed Virgin and of the saints.

Concluding Prayer

Lord Jesus Christ,
do not close the door of Your mercy on our faces.
Lord, we confess that we are sinners, be gracious to all.

Your love made You descend from Your place to us.
Lord by whose death our death was ended,
be gracious to the whole world.

Trisagion

Holy are You, O God. Holy are You, the Strong.
Holy are You the Deathless who were crucified for us.
Have mercy on us. (3 times)

Lord, have mercy on us. Lord, have pity and mercy on us.
Lord, receive our service and our prayers and have mercy on us

Glory to You, O God. Glory to You, Creator.
Glory to You, Christ the King,
who have compassion on Your sinful servants. Bless, Lord!

Our Father in heaven... Hail Mary, full of grace...

MEDITATION

Night Vigil on Wednesday

Glory be to the Father and to the Son and to the Holy Spirit.

And on us weak and sinful servants
mercy and com passion in both worlds for ever and ever. Amen.

Trisagion: Holy! Holy! Holy! Lord....p. 25

AWAKENING SERVICE

Opening Prayer Awaken us, Lord...p. 31

Night Psalms Bless, Lord! Bless the Lord, all you who serve...

Response

You who wake and do not sleep, awaken us to repentance.

By night with the Wakeful Ones let us offer thanks, adoration and praise.

Holy Virgin, may your prayer be a stronghold to us.

Mother of God, may your prayer be a stronghold to us.

Prophets and apostles. may your prayer be a stronghold to us.

Martyrs and confessors, may your prayer be a stronghold to us.

Fathers and doctors, may your prayer be a stronghold to us.

Hermits and monks, may your prayer be a stronghold to us.

In Your boundless love, be gracious to us, O Son of the Good-

To the faithful departed do You, Lord, give repose.

Praise and thanksgiving let us offer to the Trinity.

FIRST WATCH FOR THE MOTHER OF GOD

Common Response

The Father wrote a letter
and through a Wakeful One sent it to Nazareth,
to the Virgin Mary whom He chose
and He was pleased with her
that she should become the Mother of His Only Son,
when He should descend to redeem the world.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to the Word of the Eternal Father who descended from His seat on high–though He never left it–and dwelt in the womb of the Virgin, and was clothed in flesh from her, and came forth from her womb. To Him belongs glory, honour and adoration, at this time of the Night Vigil...

O Lady Mary, Blessed ever Virgin Mother of our Lord and God and Saviour Jesus Christ, who was pleased at the end of time to be born in the flesh from your virgin womb, we will call you blessed as you are worthy to be called, in all the measure of our strength and we say: Blessed are you who became mother to Him whom the heaven and the earth cannot contain. Blessed are you who brought forth Him before the majesty of whose power the spirits of flame tremble. Blessed are you who gave milk to suck to Him who feeds the whole creation.

Therefore we beg of you, O Mother of Graciousness, that you will intercede with your Son and your God, that He may bestow on us His heavenly help so that we may keep His commandments and fulfil His will. May He make us worthy to behold you in the Church of the Firstborn in heaven, so that we may praise and exalt and glorify the Holy Trinity without ceasing, in that Kingdom which does not come to an end, now and always and for ever. Amen.

Hymn

The Virgin has brought forth a wonder; come let us go and see Him,
older than all generations, wrapped in strips of cloth.
The Virgin has brought forth an elder, the Ancient of Days.
The Mighty One who hung the mountains is carried by a young maiden.
He who gives bread to the hungry sucks milk like an infant.
The Son who had no beginning willed to have a beginning.
He came to birth in time, He who is beyond time.

In memory of the Blessed Virgin Mother of God, the creation
rejoices and sings praise to the Son of the Good,
who came forth from her and delivered us from the malediction.
He was struck with a blow in the tribunal
and cancelled the condemnation, making Adam and his children
return to Paradise from which he had departed.
And now, all the nations are redeemed by His blood,
and the Church, His bride, takes her delight in it,
and the Mother who bore Him sings praise.

Glory be to the Father and to the Son and to the Holy Spirit.

The just of old gave fair and lovely names to Mary,
the Daughter of David, the Holy Virgin: Ezekiel, the exile,
called her the closed door; Solomon, the enclosed garden
and the sealed fountain. David named her the City.
Christ is the blade which shot up from her without seed
and has become the nourishment of the nations,
and He has exalted her memory in heaven and on earth.

From age to age and for ever. Amen.

The chariot which Ezekiel, the chosen prophet, saw,
cannot be compared with your beauty, O Holy Virgin.
Living creatures were yoked to it, Cherubim with their hallowings.
They had four faces different from each other:
the face of a lion and of an ox, of an eagle and of a man.
As for you, Blessed Mother, your knees were a chariot for Him.
Your arms were the wheels and your mouth sang praise.

Supplication Song Lord, be gracious to us and help us.

May your prayer be with us, O blessed one,
may your prayer always be with us.
May the Lord hear your prayers and be gracious to the whole world.

You who are full of graciousness,
pray and beseech Him who is all graciousness,
to be gracious to all who are in distress.

The Wakeful One descended when Mary was at prayer.
He gave her the greeting of peace which God had sent to her,
Peace be with you, Mary, said the Fiery One,
You shall conceive and bear a son in your virginity.

When she heard this she considered carefully
what the reasons of this strange greeting might be.
You speak of a son to me, but I am not acquainted with marriage.
I hear of a conception, but see no sign of partnership.

The Wakeful One said: Do not be troubled, full of beauty,
the Lord is pleased that you should be the Mother of the Christ.
From now you shall receive a conception full of wonder,
and bring forth the Child whose Kingdom endures for ever.

Glory to the Father who sent a Wakeful One to Mary
and he announced the Good Tidings to her.
Adoration to the Son who at the sound of his voice
descended and dwelt in her.
Thanksgiving to the Spirit who made her a tabernacle
and rested upon her.
And on us God's graciousness, by her prayer.
Blessed is He who chose her.

By the prayer of her who carried You for nine months,
Son of God, remove from this world all evil and oppression.

MEDITATION

SECOND WATCH FOR THE SAINTS

Acclamations Blessed be the glory of the Lord... p. 32

Common Response

Blessed is He who made you healing springs
to flow all over the world, and made His power
to dwell in the places where your bones rest.
Elect and holy martyrs,
intercede for us before your Lord.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to Him who gives victory to the martyrs and crowns their contests, and magnifies the memory of His saints in every place. To Him belongs glory, honour and adoration, at this time of the Night Vigil...

We give honour to you, holy martyrs, who contended with the Enemy, givers of health to those who are sick, children of the Church of the Firstborn, who were clothed with an invincible armour. Beloved of the Father, friends of the Son, familiars of the Holy Spirit, you endured every kind of torment that you might keep your souls in purity, and be pleasing to God, and be worthy of the blessing promised to those who have believed and confessed the Beloved Son, that He should confess them before His Father in heaven. Behold, all the believers honour your memory.

Therefore, O you heroes and athletes, ask for us from your Lord pardon of offences, for He is accustomed to do your willl. Raise up those who are fallen and strengthen those who stand, that we all may be worthy with you to offer praise to the Son, Christ our Saviour, and to His Blessed Father and to His Holy Spirit, now and always and for ever. Amen.

Hymn

Your memory is a blessing, you righteous who loved the truth,
and you just who died for the love of the Son of God.
You are harbours of relief for sinners who repent.
Pray with us to Christ who rests in your bones,
that He may show His love and graciousness to us
on the day of the manifestation of His Sovereignty.
And grant us an open face before the throne of His Godhead,
and we will sing praise to Him by night and by day.

The apostles said to our Lord:
What will You give to us who have loved You?
I will make you sit on twelve thrones, answered our Saviour,
You shall judge the twelve tribes of the sons of Israel.
With Me you shall inherit the Kingdom on high.
You shall take your pleasure at My table.
I will give you a good reward of thirty, sixty, a hundredfold,
you who have kept My commandments and done My will.

Glory be to the Father and to the Son and to the Holy Spirit.

Fair and lovely is the word of our Lord in the Gospel
when He declares blessed the zealous who have loved Him.
Blessed are the poor in spirit, they shall inherit the Kingdom.
Blessed are the pure in heart, they shall see God.
Blessed are the persecuted, the martyrs slain in His hope.
For the sufferings and afflictions they endured,
they shall inherit the Kingdom,
and life which does not pass away.

From age to age and for ever. Amen.

The martyrs were like charioteers, faith was their chariot.
They took the Cross as armour for their contests,
and with it they fought with Satan and overcame his power.
They formed ranks and said one to the other:
Our enemies have fallen, we stand up and are prepared.
Come, let us bow down and worship,
and bless the Lord who made us,
and sing praise to Him by night and by day.

Supplication Song Lord, be gracious to us and help us.

Make us to share, Lord, in the memory of Your saints,
the prophets and seers and all those who sought You,
men of vision who committed themselves to You.

By the prayer of those who realized You
with their inmost self absorbed in You,
draw us and all things to Yourself, our Lord.

He who offers to Me, says the Lord, with devotion,
only a leaf or a flower, or a fruit, or even a little water,
this I accept from the yearning soul
because with a pure heart it is offered with love.

Whatever you do, whether you eat or make a gift or offer adoration,
let it be an offering to Me, My son.
Whatever you suffer, suffer it for Me.
Those who worship Me with devotion,
they are in Me and I in them.

Fix your mind on Me, give Me your heart,
and your sacrifice and your adoration.
This is My word supreme,
You shall in truth come to Me for you are dear to Me.

Leave all things behind,
and come to Me for your salvation.
I will set you free from the bondage of sin.
Fear no more.[14]

By the prayer of those who realized You
and to whom You gave a sure hope of immortality,
draw us and all things to Yourself, our Lord.

MEDITATION

THIRD WATCH
FOR THE DEPARTED AND THE RESURRECTION

Acclamations Blessed be the glory of the Lord... P. 32

Common Response

Give rest, Lord, to our departed in Your abode of light.
Give rest to them, Lord, and be gracious to all.
Forgive and pass over the faults of us and them.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to the God who raises the dead and gives life to them with a gesture of His power, and shakes from their faces the dust which darkens their eyes that they may behold His glory. To Him belongs glory, honour and adoration, at this time of the Night Vigil...

Lord Jesus Christ, at that hour when You shall appear at the end of time, and the sign of Your victory shall be revealed, when the light of Your countenance shall shine upon the good and Your fear shall fall upon the wicked...do not remember our faults. We beseech You, Lord, make us and our departed, and all the people of the Holy Church, worthy to exalt You with the Wakeful Ones, to praise You with the Fiery Ones, to honour You with the Powers on high, to worship You with the saints, and to be gladdened by the sight of Your Godhead, now and always and for ever. Amen.

Hymn

Our fathers and brothers have departed from this life.
Until the day of the resurrection comes for those who sleep,
give rest, Lord, to their souls in Your abode of light,
and may their bones be quickened on the day of Your coming.
When Your command raises up the race of the earthly Adam,
may they be clothed with honour and glory,
and enter with You the bridal chamber,
and offer praise to You who are their resurrection.

Sorrow will clothe them now, until that day comes, when
at the sound of the trumpet, the graves shall be opened.
The breath of the resurrection shall blow upon the departed
and they shall stand up. Some expect that day;
others do not look for it. The just pray that it may come;
the impious fear it. The grains of wheat long for the rain
but thorns are destined to the fire. Grant us, Lord,
to be gathered with the grain into Your storehouses.

Glory be to the Father and to the Son and to the Holy Spirit.

Blessed are those for whom the living here below offer
the Eucharist that their memory may be written above in heaven.
If Moses wrote the names of the tribes on tables of stone,
that they might enter before the Lord for an eternal memorial,
write the names of Your departed on the bread full of life
that they may be remembered here in the Church.
They will be written above in heaven, and when He comes
in glory they will take pleasure with Him.

From age to age and for ever. Amen.

Christ who promised the resurrection to the children of Adam,
and said in Your Gospel to those who believe in You:
Whoever eats My flesh and drinks My life-giving blood
abides in Me and I in him,
and I will raise him up at the last day.
By Your grace, raise up Your servants,
give them life who rest in Your hope.
And when You come in glory,
in the glorious company of Your angels,
with You, Lord, let them enter the bridal chamber of joy.

Supplication Song Lord, be gracious to us and help us.

Renew, O Full of Mercy, Your creatures by the resurrection,

Your servants and Your worshippers who have slept in Your hope.

O Lord, give rest and pardon to the dead
who have slept in Your hope and await Your coming.

Give rest to those in the grave, O Heavenly King,
and multiply forgiveness for the departed believers.

At the side of Abraham, Isaac and Jacob, O Lord,
make to rest Your servants who have slept in Your hope.

Glory to Christ who calls the dead,
and they rise without corruption and sing praise.

Body, soul and spirit will awake and cry together:
Blessed is He who has come and will come and raise the dead.

The sanctuary lamps are lighted now and the curtain is drawn aside.

FOURTH WATCH

Service of the Communion of Saints Halleluia... p. 33

Cosmic Praise Praise the Lord from the heavens...

Supplication Song Lord be gracious to us and help us.

Our Lord, be gracious to us,
by the prayer of Your Mother and of Your saints.

By the prayer of Your Mother and of Your saints.
pardon us and be gracious to the whole world.

May the angel who brought peace to the Virgin Mary,
and announced to her the message of salvation,
come and announce to us that God is reconciled with us.

May the angels who strengthened the martyrs,
when they descended and stood firm in the contest,
come and strengthen us against the Evil One and his powers.

May the angel who sprinkled dew on Hananiah
and the young men with him,
sprinkle the dew of mercy on the bones of the departed.

Come, beloved, let us offer praise to the Adorable Trinity,
in memory of the Mother of God and of the saints,
and make remembrance of all the departed.

Our Lord, be gracious to us.
by the prayer of Your Mother and of Your saints.

By the prayer of Your Mother and of Your saints,
pardon us and be gracious to the whole world.

Concluding Prayer

Lord Jesus Christ,
do not close the door of Your mercy on our faces.
Lord, we confess that we are sinners, be gracious to all.

Your love made You descend from Your place to us.
Lord by whose death our death was ended,
be gracious to the whole world.

Trisagion

Holy are You, O God. Holy are You, the Strong.
Holy are You the Deathless who were crucified for us.
Have mercy on us. (3 times)

Lord, have mercy on us. Lord, have pity and mercy on us.
Lord, receive our service and our prayers and have mercy on us.

Glory to You, O God. Glory to You, Creator.
Glory to You, Christ the King,
who have compassion on Your sinful servants. Bless, Lord!

Our Father in heaven... Hail Mary, full of grace...

MEDITATION

Morning Prayer on Wednesday

Invocation In the name of the Father... p. 25

Trisagion Holy, Holy, Holy, Lord... p. 25

Doxology Glory be to the Father... p. 27

Opening Prayer Creator of the morning... p. 38

Morning Psalms 51 & 63 Be gracious to us... p. 38

Response

With the Holy Virgin who bore You in virginity,
make us worthy to sing praise to You, Lord God.

With Mary who carried You for nine months in her womb
by Your will, make us worthy to sing praise to You, Lord God.

With the true prophets who prophesied about Your coming,
make us worthy to sing praise to You, Lord God.

With the holy apostles who proclaimed Your Gospel
among the peoples, make us worthy to sing praise to You,Lord God.

With the martyrs and confessors who endured torments and afflictions
make us worthy to sing praise to You, Lord God.

With the holy fathers and the doctors of orthodox faith,
make us worthy to sing praise to You, Lord God.

With the sinful woman who received from You forgiveness,
because she showed so much love to You,
make us worthy to sing praise to You, Lord God.

With the departed who believed in You,
and were clothed in You by water and the Spirit,
make us worthy to sing praise to You, Lord God.

Glory be to the Father... From age to age...

With the angels in heaven who do not cease from praise,
make us worthy to sing praise to You, Lord God.

Psalm 113 Praise, you servants of the Lord... p. 40

A Seed of the Word A Praise for the Light of Dawn

The glorious daughter of the heaven
dispels darkness and brings light to the earth.
With her, the noble lady, the light, is made to shine.
The rising sun, the refulgent light of heaven,
joins her and they spread the light.
At your arising with the sun, grant us
we pray, a portion of your light[15].

Hymn for the Morning

Light has arisen in the darkness for the upright.

When morning comes and the light appears,
dispelling the darkness of the night,
heaven and earth worship You, Lord.
There is the pair who were made all at once,
the heaven above the waters
and the firmament supporting the waters.
There is the air that spreads between them,
a bridal chamber made in the twinkling of an eye.
Glory to You for Your creation.

Then He shall speak in vision with His saints.

At the time of morning, on the top of the mountain,
Moses saw a fearful sight:
angels of fire and spirit,
and God who was borne by them.
He saw the fire rest upon the bush.
It was on fire and was not consumed.
And he heard a voice that said to him:
Take off your sandals,
for the Lord is in this place.

Glory be to the Father and to the Son and to the Holy Spirit.

Glory to the Father All-holy
who sent His Holy Son
and He descended and dwelt in a holy manner
in the blessed and holy womb of the Virgin.
He came in our image and likeness
that we might become like Him.
He became a son of man
that He might make us children of His Father
and share His life with us through the Holy Spirit.

From age to age and for ever. Amen.

Glory to Him who rested in the womb
and dwelt there, as He willed, in His graciousness.
Glory to Him who came forth from the womb
without breaking the seal of virginity.
Glory to Him who sent Him,
who for our salvation humbled Himself
and became man, of His own will,
that He might make us children of His Father
and share His life with us through the Holy Spirit.

For the Mother of God

While Mary was at prayer, an angel of fire,
all clothed in flame, descended beside her and said:
Peace be with you, palace in which the Son of the King dwells.
When He who is rich came to dwell in your womb
He took from you hunger and poverty
that He might satisfy the hunger of the nations.

Mary carried the Ancient of Days, who carries her.
And she came to Bethlehem with Joseph in a mystery:
they lodged in a cave as poor people,
to be registered for the poll-tax,
while they carried Him who rules the creation.

Virgin Mary, the messenger from above
brought you a message of peace and said:
The King of kings shall dwell in you,
you shall bear Him without marriage.
Blessed are you, Blessed Mother, who in virginity
brought forth that Son which gives light to the creation.

Peace to you, Mary, holy virgin, cries the creation.
Like a ship you carried Him who forms infants in the womb.
He carried you and you carried Him.
And the Wakeful One greeted you with a message of peace.
Blessed is the Lord who came forth from your womb.

For the Saints

I am the true light, said our Lord to His disciples;
everyone who walks in light, the darkness shall not overtake.
Blessed are the holy apostles
who walked in the light of Christ.
Their memory is celebrated from end to end of the earth.
May their prayer be a stronghold to us.

The apostles of the Son of God, disciples of the Only Son,
took the Cross in their hands and ploughed again and again
the earth which was barren of the truth,
on account of the errors of idolatry.
They uprooted impiety and sowed in it
the faith which shall endure for ever.

The martyrs saw two paths, one leading to life,
the other to death, and they yearned for the narrow way,
that by it they might obtain the new life.
They entered into contest with the Evil One.
They conquered him while praying.
May the Lord's name be blessed
for He is the friend of those who call upon Him.

The martyrs descended into the arena,
and there they slew and were slain.
They slew the Evil One in secret, while he slew them openly.
But after he had slain them, he spoke saying:
I cannot prevail over the martyrs
because the power of God dwells in them.

For Repentance

Christ the King, at the door of Your compassion
I knock at every hour, and from Your rich treasure-house

I ask for compassion and graciousness.
In You, Lord, I take refuge, help me.
I have confessed You, do not put me to shame.
You are my hope and my strong protection.

I ask for mercy, I beg for compassion from You, Son of the Good.
Deliver me, Lord, from Gehenna,
because Your body and Your blood are hidden within me.
I have always acknowledged Your Cross,
acknowledge me on that day when You judge all nations.

How narrow is the door
and straight the way which leads to the Kingdom.
He who wishes to go by it needs to be firm.
He who relaxes a little is drawn aside to the path of error,
and he loses his soul of his own will.

Who will give me a fountain of tears
and a heart of repentance to mourn over myself
with bitter sighs? The years of my life
have passed in vain labours which profit nothing,
and I have been base in my behaviour.

For the Resurrection

Those who are sealed with the seal of Christ in baptism,
who ate His holy body and drank His propitiatory blood,
shall be raised by Him from the earth.
They shall shake off the dust
and be clothed in a garment of glory.

This world is already passing away.
Let no man be deceived by it.
Everyone born of woman is destined to the grave.
Kings, priests, prophets, all taste the cup of death.
But Christ tasted death to redeem us.

Come, beloved, let us all gather together
and be of one heart, in memory of our fathers and brothers,
who ate the bread of life and drank the cup of immortality,
who loved Jesus with all their hearts
and rested in the hope of Christ.

Christ who promised the resurrection and the new life
to the race of Adam, sprinkle the dew of Your compassion
on Your servants who died in Your hope
and await the day of Your coming.
May they go forth to meet You
shouting praise and thanksgiving to Your worshipful name.

Prayer for the Burning of Incense

By this incense which we present... p. 41

A SERVICE FOR THE MOTHER OF GOD

From Psalm 45

The rich among the people shall seek your face with offerings,
halleluia, halleluia.
All your beauty, O Daughter of the King, is within.

Your garment is adorned with pure gold,
halleluia, halleluia.
With presents you shall go to meet the King.

Your maiden companions shall follow after you,
halleluia, halleluia.
They shall go in joy and gladness.

They also shall enter the palace of the King,
halleluia, halleluia.
Children shall be yours in place of your parents,
You will make them rulers over all the earth.

Glory be to the Father... From age to age...

Common Response

Peace be with you, Virgin pure and holy.
Peace be with you, Pearl without flaw.
Peace be with you
who bore the Mighty One who carries the creation.
All generations shall call you greatly blessed,
from age to age.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to Him who magnifies the memory of His Mother in all the ends and corners of the world and makes His handmaid illustrious among all nations and peoples. To Him belongs glory, honour and adoration, at this time of morning...

We beseech you, O Mother of Life and Spring of Joy, for the sake of the liberation of our souls and bodies, for the sake of our brothers in the faith, and for the sake of the peace of the holy Church of Christ and the tranquillity and safety of the whole world, that, while we keep your glorious festival spiritually, we may be worthy to come to the great festival with faces unveiled, by your prayers which are always heard and by the grace of the Only Son who came forth from your womb. May He forgive all our faults in His loving-kindness and blot out all our transgressions, and may He grant pardon and resurrection to the departed believers who have slept in His hope. With us may they offer praise and thanksgiving to Him and to His Father and to His Holy Spirit, now and always and for ever. Amen.

Hymn for the Mother of God

I will bless the Lord at all times and at all seasons.

Blessed is Christ who chose you, Mary, Daughter of David,
from all generations of the world; and while He was God,
He took flesh from you and appeared on earth
as a son of man subject to passion.
Glory to Him who so abased His majesty for our sake
and magnified and exalted the memory of His Mother
in the four quarters of the earth.

I will sing His praise with my mouth.

Mary was a second heaven to You, Lord of all; in holiness
You dwelt in her and came forth from her into the world.
And dying on the Cross, You gave her in trust to Your disciple.
By the prayers of Your Mother we beseech You, our Saviour,
make Your peace and calm dwell in the four quarters of the earth.

Glory be to the Father and to the Son and to the Holy Spirit.

Glory to You, God, the Word of Life,
who of Your own will took flesh of the Blessed Mary
who was pure and holy in body and soul.
She conceived You without marriage.
She brought You forth beyond all telling.
She conceived You of the Holy Spirit, without the seed of man.

From age to age and for ever. Amen.

Take your harp, Isaiah, prophet of the Spirit,
and prophesy about the Son of your Lord,
how He came forth into the world.
Behold, a virgin shall conceive and bear a child,
who shall be a wonder and His name shall be called
Emmanuel, which is, God-with-us. Blessed is He,
the Lord of the prophets, who came and fulfilled their words.

Supplication Song Lord, be gracious to us and help us.

Make us to share, Lord,
in the memory of Your Mother and of Your saints.
By their prayers, be gracious to us and our departed.

By the prayer of Your Mother with those
of the prophets, apostles and martyrs, keep the living,
and in Your mercy be gracious to us and to the whole world.

Blessed are you, Mary, for you were represented
in a mystery by the ark which Moses made as a symbol.
In it were the tablets of the law written by God,
but in you, Mary, was the Bread of Life in truth.

Blessed are the prophets who represented the Son mystically.
Blessed are the apostles who preached the Gospel with authority.
Blessed are the martyrs who bore torments like heroes.
Behold, the day of their memory is honoured for ever.

Blessed are the dead who have slept and rested in peace.
The flesh of the Son is buried within them as a pledge.

He will cast down the walls of Sheol for them with might.
They will hear His voice and go forth to meet Him with speed.

Glory to the Father who chose Mary of His own will.
Adoration to the Son who gave to the martyrs the strength of heroes.
Thanksgiving to the Spirit who makes the dead to rise at His command.
One Essence in Three without division.

Son who were born of the Daughter of David in the flesh,
pour forth on Your flock Your graciousness in abundance.

Concluding Prayer

It is good to give thanks to the Lord,
to sing praise to Your name, Most High,
to proclaim Your goodness in the morning,
and Your faithfulness in the night.

Lord, in the morning, we pray, hear our voice.
In the morning we prepare ourselves to be with You.
Lord, have compassion on Your people.
Lord, pardon and forgive the sins of us all.

Holy One, let Your right hand rest upon us
and pardon our weaknesses because Your name is for ever.
Amen.

Trisagion

Holy are You, O God. Holy are You the Strong.
Holy are You the deathless who were crucified for us.
Have mercy on us. (3 times)

Lord, have mercy on us. Lord, have pity and mercy on us.
Lord, receive our service and our prayer and have mercy on us.
Glory to You, O God. Glory to You, Creator.
Glory to You, Christ the King
who have compassion on Your sinful servants, Bless, Lord!

Our Father in heaven... Hail Mary, full of grace...

MEDITATION

THURSDAY

THE MYSTERY OF THE EUCHARIST
CHRIST'S MEMORIAL ENTRUSTED TO HIS APOSTLES
NOW CELEBRATED IN THE CHURCHES
AND ACTIVE AMONG US THROUGH THE HOLY SPIRIT

How good and joyful this glorious day, this hour,
when Jesus sat at table and the apostles with Him.
And He said to them: I have longed
to eat this Passover with You before I suffer.

Evening Prayer

Evening Prayer on Thursday

Lamp-Lighting Hymn Joy-giving light... p. 27

Doxology Glory be to the Father... p. 27

Opening Prayer Grant us, Lord God... p. 27

Evening Psalms We call upon You, Lord... p. 27

Common Response for the Eucharist

Holy Church, Bride of the One Beloved Son,
on this day of Thursday invites all her children
to offer praise with joy to the Holy Bridegroom
who calls us here and now to feast in His Kingdom:
Go out on the highways and make them all come in,
the poor and the downtrodden, I want my house to be full.

Hymn for the Evening

We have come to Your house in reverence
to pay our vows to You, halleluia.
In the evening we have come before You, Lord,
those who have laboured all the day
and those who came at the last hour.
Make us find rest in Your presence and learn from You,
to be meek and gentle and humble of heart.

You give increase to those
who revere Your name, halleluia.
In the evening, O Good One, You give a good reward
to those who have worked in Your vineyard, the diligent
who have laboured all the day and those who came at the last hour.
Grant that we may stand with open faces at the resurrection,
that we may sing Your praise with the first and with the last.

A Seed of the Word The Sacredness of Food[16]

Food should not be despised, this is a sacred rule.
That from which beings are born,

that by which, when born, they live,
that into which, when departing, they die,
that is what must be realised.

Food is the firstborn of beings
and therefore it is called the healing herb of all.
Those who revere – God, as food,
most certainly all food do they obtain...

From food do beings come to birth,
and once they are born, by food they grow.
The food that is eaten and eats all beings...
is known as... *the food that comes down from heaven.*
I am the living bread which came down from heaven.
If anyone eats of this bread, he will live for ever.

The bread I shall give for the life of the world is My flesh.
He who eats My flesh and drinks My blood has eternal life.
He who eats My flesh lives in Me and I live in him.
As I draw life from the Father, he draws life from Me.
Anyone who eats this bread will live for ever.

For Thursday

How good and joyful this glorious day, this hour,
when Jesus sat at table and the apostles with Him.
And He said to them: I have longed
to eat this Passover with you before I suffer.
And He took bread, gave thanks, and broke it.

He gave it to them: This is My body which is given for you.
He took the cup, and after giving thanks to God,
He gave it to them saying: This cup poured out for you
is the New Covenant sealed by My blood.
Do this in memory of Me.

How we long for this table, this feast of gladness,
our Lord Jesus Christ, where You prepare for us
the bread of life and the cup that quenches all thirst.
The fire and the Spirit are in our baptism.
In the bread and the cup also are the fire and the Spirit.

The Body and the Blood are a furnace
and the Holy Spirit is the fire in it.
Let those who are negligent keep away.
But those who seek to be purified let them come near
and take the food that makes us share in God's life.

For the Love of Surrender to God

Offer in your heart all your works to Me,
and see Me as the fulfilment of your love.
Take refuge in loving contemplation
and ever rest your soul in Me.

If your heart finds rest in Me,
by My grace you shall overcome all dangers;
but if your thoughts are on yourself
and you will not listen, you shall perish...

God dwells in the heart of all beings, beloved,
your God dwells in your heart
and His power of wonder moves all things...
whirling them onwards on the stream of time...

I have given you words of vision and wisdom
more secret than hidden mysteries.
Ponder them in the silence of your heart,
and then, in freedom, do your will.[17]

For the Mother of God

From the palace of heaven
a Wakeful One was sent to Nazareth, a town of Galilee,
to the Blessed Daughter of David.
He brought a message of peace with him,
and announced to her: The Lord is with you,
the Firstborn of the Father shall come forth from you.

Peace be with you, Daughter of David,
cries the creation; Virgin Mother, full of all beauty,
offer prayer for us to the Son who came forth from you,
that by your prayers the Lord of all, in His love,
may send down His grace and compassion,
on this assembly which honours the day of your remembrance.

For Vigilance

My friend planted a vineyard on a fertile hillside.
He dug the soil cleared of stones, and planted choice vines.
Our Lord is the true vine and His Father the gardener.
Beloved, we are the branches and we must bear fruit.

Let us be pruned by the gardener lest we be cut away.
The Lord is coming seeking the fruits of His vine.
He expects not works of the flesh but fruits of the Spirit:
peace, joy, patience, love of Him and of the whole world.

For the Resurrection

O our Saviour, raise the dead who received Your body,
and who drank the cup of salvation of Your precious blood.
Raise them from the grave without corruption
and clothe them in glory, those who wait for You.

As the flowers of the field are clothed
in garments not woven by human hands,
so shall the just be clothed, at the resurrection,
in garments woven by the Holy Spirit for the children of Adam.

Prayer for the Burning of Incense

Accept, Lord, in Your compassion... p. 29.

A SERVICE FOR THE EUCHARIST

From Psalm 102

O Lord, listen to my prayer,
    halleluia, halleluia.
Let my cry for help reach You.

Do not hide Your face from me in the day of my distress,
    halleluia, halleluia.
Turn Your ear towards me and answer me quickly when I call.

For my days are vanishing like smoke,
    halleluia, halleluia.
My bones burn away like fire.

My heart is withered like grass,
halleluia, halleluia.
I forgot to eat my bread.

Glory be to the Father... From age to age...

Common Response

O Son of God, the mind is astounded at Your tenderness.
The spirit goes beyond the reach of thought
to realize Your graciousness towards us.
It was not enough for You to clothe Yourself with our body
and to endure for us in the flesh the shame of the passion,
You gave us Your body and Your blood,
the food of life and the cup of immortality.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to Jesus Christ, the Lamb sacrificed who rose from the grave to give life to His people. He has given to His flock dread Mysteries. He made a gift to the Church His bride, the New Covenant sealed by His pure and precious blood. To Him belongs glory, honour and adoration, at this time of evening...

Praise to You, Lord of the Mysteries, Christ our Saviour, who on Thursday, the eve of Your passion, gathered Your disciples in the upper-room for the festival of the Passover. And when the hour had come, You sat at supper with them and said: How I have longed to eat this Passover with You before My death! For I shall not eat it again until the time when it finds its fulfilment when I come in glory. Praise to You who took the cup and gave thanks, and took bread, and broke it and gave it to them with these words: This is My body. How great is this Mystery! How awesome! How full of love! The Father so loved the world that He gave His Only Son that everyone in Him may have eternal life.

Therefore, Lord, fulfil this Mystery in us.. And as our minds turn to You and to Your disciples in the upper-room like them

make us steadfast in the meditation of Your word, make us share the common life of this brotherhood, in the breaking of the bread, in the prayers and in the works and services, and we will praise You with Your Father and Your Holy Spirit, now and always and for ever. Amen.

Hymn for the Evening

How good and lovely

The light of the day is fading away,
bring to completion Your grace in us, O Lord,
and give us power through Your Holy Spirit.
For our inner self to grow strong.
Through faith may You dwell in our hearts with love.

May He bless us and make His face to shine on us.

Blessed is this evening which gathers us together
at the time when the Son gave His Church the banquet of life.
He Himself offered the bread and mixed the wine,
that they who eat and drink with faith
will never hunger or thirst again.

Glory be to the Father and to the Son and to the Holy Spirit.

Behold, the Wakeful Ones on high give ear
to the sound of the service of those on earth, and they say,
How sweet is the voice of the children of the earthly Adam
who sing praise with harps of the Spirit and offer thanksgiving.

From age to age and for ever. Amen.

Job cried to You from the dunghill and Daniel in the den.
The three young men called to You from within the furnace,
and You saved them from the fire. At the approach of the night
we, Your people, call on You, Lord, be compassionate to us.

Supplication Song Lord, be gracious to us and help us.

We call upon You, Lord, be with us at this evening hour
and kindle in our hearts the bright flame of Your love.

Kindle in our hearts that love, patient and kind,
that never takes offence nor keeps record of wrongs.

At this hour, on Thursday, in the upper-room,
the Lord gathered His disciples for the paschal meal.
I want very much to eat this Pasch with You before I suffer,
and fulfil all the symbols and the prophecies.

And He rose from the table and took off His outer garment,
and wrapping a cloth around His waist as a simple servant,
He poured water into a basin and washed their feet,
wiping them with the cloth He was wearing.

Do you understand what I have done to you?
If I, your Lord and Teacher, have washed your feet
how much more should you wash each other's feet.
How happy will you be if you serve one another!

They ate the Lamb and accomplished the Mysteries,
all the Mysteries prefigured of old by the prophets.
Glory to Him and to His Father who sent Him and to the Spirit
through whom we are reborn to the new life.

Kindle in our hearts, O Lord, that love, patient and kind.

That never takes offence nor keeps record of wrongs.

Concluding Prayer

Lord Jesus Christ,
do not close the door of Your mercy on our faces.
Lord, we confess that we are sinners, be gracious to all.

Your love made You descend from Your place to us.
Lord by whose death our death was ended,
be gracious to the whole world.

Trisagion Holy are You, O God... p. 30

MEDITATION

Night Vigil on Thursday

Glory be to the Father and to the Son and to the Holy Spirit.

And on us weak and sinful servants
mercy and compassion in both worlds for ever and ever. Amen.

Trisagion Holy ! Holy ! Holy ! Lord, p. 25

AWAKENING SERVICE

Opening Prayer Awaken us, Lord... p. 31

Night Psalms Bless, Lord ! Bless the Lord, all you who serve...

Response

Why do you love sleep more than praise, my soul ?
How long will you be engrossed in pleasures that do not profit?
Awake now, arise and sing praise !
Lord of all, to You the praise.

This is the time for conversion,
with repentance that cuts into the heart,
metanoia that changes the mind, the seed of a new life.
Awake, beloved, let us rise from the sleep of sluggishness
and open our eyes to the inner light of wisdom.

Forgive me, cried the sinful woman at the house of Simon.
And our Lord answered and said to her: Go, woman,
your faults are forgiven, all your sins are blotted out !
Lord of all, to You the praise.

Before he sinned David thought : Let all sinners perish.
But after he had sinned he prayed :
Be gracious to us, O God, in Your tender love.
Do not reward us according to our failings.
Lord of all, to You the praise.

Glory be to the Father... From age to age...

Glory to the One who is Three and the Three are One, the Father, the Son and the Holy Spirit, one true God. To Him be praise. And on us His graciousness at all times. Amen. Amen.

FIRST WATCH FOR THE MOTHER OF GOD

Common Response

Your mysteries, O Daughter of David,
are signified by the ark of the covenant.
Prophecy represented you in fair images.
It likened you to that new jar in which salt was put
which purified the waters of Jericho.
Your Son is that salt which seasons all that has lost its savour.
In Him is life for the whole world which was lost.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise to the Holy One who in holiness made holy the Holy Virgin Mary who bore Him, and lifted high the little one, and made her glorious who gave Him suck. To Him belongs glory, honour and adoration, at this time of the Night Vigil.

We offer You, Lord, the petitions of Your Mother full of blessings, and we take refuge in You that You may deliver us from the passions of sin. Bind us by the true faith and fill us with Your holy love. Make us glorious by right living. And let us always exalt Your Blessed Mother, that we may come to the rest of those who sing praise. And with them, we and our departed, the people of the Holy Church, will offer praise and thanksgiving to You and to Your Father and to Your Holy Spirit, now and always and for ever. Amen.

Hymn

Lord our Lord, when Your Godhead was moved to descend
and to clothe itself in the flesh of our manhood,
Gabriel flew and carried the peace of his Lord,
and sowed it in the ear of Mary and said to her:
Peace be with you, full of grace,
the Lord is with you and shall come forth from you,
He who is the Saviour of all creatures, halleluia,
the King whose Kingdom endures for ever.

Mary said to him: How shall this be which you announce to me?
When and where, and at what time was it heard
that a virgin should conceive
when she had no knowledge of man?
The Holy Spirit shall come upon you, answered the Wakeful One,
the power from on high shall rest upon you, halleluia.
It will dwell in you. You shall bring forth a child of wonder,
who by his birth shall save the creation.

Glory be to the Father and to the Son and to the Holy Spirit.

Mary said to Jesus when she brought Him forth:
My Son, I do not know what to call You.
I will call You an infant, but You are older than the ages!
I will call You the Ancient of Days, but You are a babe!
You are the splendour which shines forth from the Father,
and gives light to the whole creation, halleluia.
Blessed is Your splendour and glorious Your manifestation.
To Your Father who sent You for our salvation, our adoration.

From age to age and for ever. Amen.

Mary said to the virgins, her companions:
Joy and great gladness is mine who carry Him
who is served by the Wakeful Ones and the angels,
and who Himself carries the whole creation.
I sing to Him who taught our race to sing praise.
The ranks of fire surround His glory,
halleluia, and cry to Him:
Holy, holy, holy is the Lord, and blessed is His Glory.

Supplication Song Lord, be gracious to us and help us.

May your prayer be with us, O blessed one,
may your prayer always be with us.
May the Lord hear your prayers and be gracious to the whole world.

You who are full of graciousness,
pray and beseech Him who is all graciousness,
to be gracious to all who are in distress

Come in peace, ship which carried the New Life.
Come in peace, palace in which the King descended and dwelt.
Come in peace, garden in which grew the Branch of Righteousness, dwelling in which the Mysteries were preserved.

Come in peace, fair among women and full of beauty.
Peace be with you, veil which is spread over the creation.
Come in peace, innocence undefiled.
Peace be with you, Eve who brought forth Emmanuel.

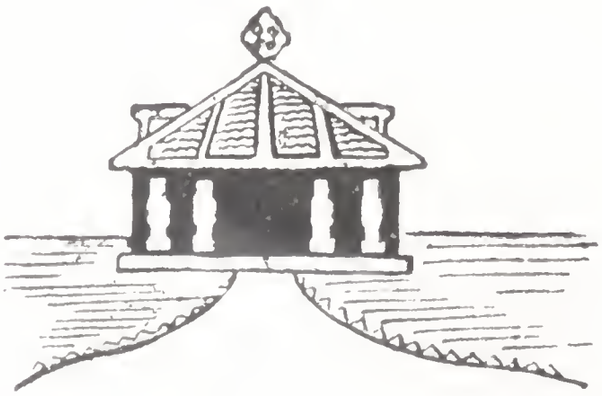
Come in peace, maiden fair and full of beauty.
Peace be with you, dove who nourished the King-eagle.
Come in peace, Virgin, bride and unmarried.
Peace be with you, harbour and place of rest for the whole world.

Come in peace, dawn who brought forth the Lord of light.
Peace to you, prophetess who bore the Lord of prophets.
To Him be glory and adoration and to you all honour.
To Him exaltation, and on us mercy, by your prayers.

By the prayers of her who carried You for nine months.

Son of God, remove from this world all evil and oppression.

MEDITATION



SECOND WATCH FOR THE APOSTLES

Acclamations Blessed be the glory of the Lord... p. 32

Common Response

There are twelve pillars which carry the earth.
Twelve months make the crown of the year.
Twelve springs flowed in the desert.
Twelve apostles proclaimed the Gospel in the heights and the depths and in the four quarters of the earth.
May their prayers be to us a house of refuge and a stronghold.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to Him who is confessed in unity and worshipped and glorified in Trinity. He is three holy persons who are one in equality of essence and nature, one Godhead... To Him belongs glory, honour and adoration, at this time of the Night Vigil...

We take refuge in you, O faithful stewards, who have authority over the house of heaven, beloved rulers, divine preachers, blessed pastors, skilful physicians, foundations that cannot be shaken, store-houses of the spirit. Beloved of the Father, friends of the Son, familiars of the Holy Spirit, be our intercessors with the Holy Trinity that there may be bestowed on us, by your prayers, the knowledge of faith, understanding and discernment of virtue and a right mind and intelligence, that we may follow along the path of the Kingdom which you trod for us, and be worthy of the lot which has fallen to you. And with one accord we will offer praise to the Father and to the Son and to the Holy Spirit, now and always and for ever. Amen.

Hymn

Lord our Lord, like shining lamps the holy apostles
went forth into the world and made disciples of the nations,
and led them on the way of truth.

They believed and were baptized and their sins were forgiven
in the name of the Father and of the Son and of the Holy Spirit.

Peter was catching fish in the sea when the Lord called him:
Come, Simon, I will give you a catch of the Spirit.
You shall draw men from death to life,
On you, Simon Peter, I will build the Holy Church.
The powers of death shall never prevail against her.

Glory be to the Father and to the Son and to the Holy Spirit.

Lord our Lord, I entered the arena with the martyrs
and I saw how they are treated: the body is burnt,
the limbs are torn asunder and chopped to pieces,
but the heart rejoices and the spirit exults
and they cry out and say: It is for You that we die,
Jesus, come to our help and save us.

From age to age and for ever. Amen.

Lord our Lord, Simon Peter and John
ascended to the temple to pray.
On the way they met a paralyzed man lying on his bed.
Simon said to him: We have no gold or silver to give you
but, in the name of Jesus, rise and walk.

Supplication Song Lord, be gracious to us and help us.

Our Lord, be gracious to us, by the prayers of Your apostles.

By their prayers and supplications, be gracious to the whole world.

Like gentle lambs the apostles
assembled in the upper-room,
to receive the promise made to them by our Saviour.

By the prayers of the twelve apostles
whom You chose for Your glory,
bless with Your grace the twelve months of the year.

You entered within me and you enlightened me,
says the Church to the apostles.
You made me like the daughter of the King,
adorning me with the jewels of His precious Mysteries.

Glory to Him who at two festivals
distributed His gifts among His apostles.
At one festival He gave His flesh and blood,
and at the other the Spirit with power.

Our Lord, be gracious to us, by the prayers of Your apostles.

By their prayers and supplications, be gracious to the whole world.

MEDITATION

THIRD WATCH FOR REPENTANCE AND THE FATHERS

Acclamations Blessed be the glory of the Lord... p. 32

Common Response

Jesus, Son of the Father, be our help.
Jesus, Son of Mary, be our protection.
Jesus, strengthen us.
Jesus, guard us.
Jesus, drive away all evil from us.
Jesus, forgive us our offences and our sins.
Jesus, be gracious to us when you come to judge the world.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to the King of kings and Lord of lords to whom is due worship from all. To Him belongs glory, honour and adoration, at this time of the Night Vigil...

O Lord, in Your graciousness, be our Saviour. Forgive us our transgressions and cleanse us from our sins. Heal those who are sick in body, soul or spirit, and accept the repentance of sinners who call upon You. Remember our fathers and brothers and all the departed believers, and all who have fellowship with us among the living and the dead. Through Your Holy Spirit pour forth Your love upon the whole world, by the prayers of Your Mother and of Your saints. And we will offer praise and thanksgiving to You and to Your Adorable Father and to Your Holy Spirit, now and always and for ever. Amen.

Hymn

The Lord shall set free the captives, halleluia.

At night Simon Peter went forth from the prison.
And at night the chains fell from the hands of Paul.
At night do You cut off from us the fetters and bonds of sin.

The Lord shall raise up those who are bowed down, halleluia.

By night our Lord walked upon the sea of Galilee.
And by night the disciples cried: Lord, help us!
Like them we call upon You, O God, come to our help.

Glory be to the Father and to the Son and to the Holy Spirit.

At night a beam of light appeared to Jacob in the open country.
And at night a pillar of light stood over Israel.
At night let Your light shine in the hearts of Your devotees.

From age to age and for ever. Amen.

At night God called to Samuel the Chosen,
and made him head over Israel to admonish and correct.
At night do You admonish and correct the hearts of Your devotees.

Supplication Song Lord, be gracious to us and help us.

You who have compassion on sinners,
have compassion on us on the day of Your judgement.

And forgive us our offences
in the abundance of Your goodness.

At Your door, O Compassionate One, those who are afflicted knock,
answer their requests in Your graciousness.

Your door is a door of mercy, O Jesus full of mercy,
we enter burdened with sins but go out loaded with grace.

Our Father in heaven, we beseech You,
receive our service and be gracious to all.

Glory to Him who said: Call and I will answer.
Knock and I will open. Ask and I will give.

Lord of those above and hope of those below,
receive our service and be gracious to the whole world.

The sanctuary lamps are lighted now and the curtain is drawn aside to celebrate the coming of the Day. The Fourth Watch that follows is already a Morning Service.

FOURTH WATCH

Service of the Communion of Saints Halleluia... p. 33

Cosmic Praise Praise the Lord from the heavens...

Supplication Song Lord, be gracious to us and help us.

May your prayers be with us, O doctors and holy fathers.
May the Lord hear your prayers and be gracious to all.

By your prayers may the Lord dispel the darkness of evil
from all who take refuge in you with faith.

Matthew, Mark and with them Luke and John
drank from the blessed source of Eden, and through them
it gushed out and went forth as a doctrine full of life.
They quenched the thirsty earth with their teachings.

The fathers who preached the faith after the apostles
taught according to the words of Simon, without compromise.
They trod in the footsteps of their teachers,
walking in the way of the apostles without stumbling.

The Church cries out, I am hard pressed on every side.
Apostles of the Son, help me by your prayers.
When the Son of God was taken up to Him who sent Him,
he left you to me as strong ramparts never to be broken into.

Glory to the Father who chose you to proclaim the Good News.
Adoration to the Son who sent You to the four quarters of the earth.
Thanksgiving to the Spirit who gave You understanding in all tongues
And You went forth to preach the Trinity, one God.

By your prayers may the Lord dispel the darkness of evil
from all who take refuge in you with faith.

Concluding Prayer

Lord Jesus Christ, do not close the door of Your mercy on our faces...
p. 30

Trisagion Holy are You, O God... p. 30

MEDITATION

Morning Prayer on Thursday

Invocation In the name of the Father... p. 25

Trisagion Holy! Holy! Holy! Lord... p. 25

Doxology Glory be to the Father... p. 26

Opening Prayer Creator of the morning... p. 38

Morning Psalms 51 & 63 Be gracious to us... p. 38

Response

We come before You and beseech You to forgive our faults,
You who are a merciful God.
Have pity on us sinners and be gracious to all.

From the womb of my mother you are my God,
do not go far from me, sang David the son of Jesse.
Lord, have pity on us sinners and be gracious to all.

David sang in the fifty first psalm, be gracious to me,
O God, wash me more and more from my sin.
Have pity on us sinners and be gracious to all.

The publican called on You and the thief and the sinful woman,
and You answered them, we also call upon You, Lord.
Have pity on us sinners and be gracious to all.

The whole creation comes before You to worship and praise You,
and we knock at Your door, O Compassionate One.
Answer us, in the abundance of Your mercy
Have pity on us sinners and be gracious to all.

The dead within the grave wait for You,
that You may come and raise their bodies,
call them by Your voice and make them rise
from their graves to Paradise.

Glory be to the Father... From age to age...

The powers of heaven sing praise to You
and we upon earth offer praise with them to Your Godhead,
Have pity on us sinners and be gracious to all.

Psalm 113 Praise, you servants of the Lord... p. 40

A Seed of the Word A Prayer for Divine Illumination[18]

Let our meditation be on the glorious light of the Lord
and may His light illumine our minds.
May He Himself inspire our meditation
and our minds never tire of searching for light.

We praise You with our thoughts, O Lord.
We praise You even as the sun praises You in the morning.
May we find joy in worshipping You. Keep us under Your protection.
Forgive our sins and make us experience Your love.

Hymn for the Morning

In truth and faith.

Every morning glory to You who by a gesture rule the creation.
Heaven and earth are filled with You
and they are too small for You, Lord.
But the heart of Your devotee is large enough for You.
You come and knock and dwell with him.

Our Lord Jesus Christ.

In the morning the disciples saw the Lord of the seas on the sea
and the Wakeful One who never sleeps slept in the boat.
In the morning He shall call the just:
Come and receive the rewards of your labours.

Glory be to the Father and to the Son and to the Holy Spirit.

In the morning the Churches sing praise.
In the morning ashrams and monasteries make a joyful noise.
In the morning the tongues of beasts and birds sound,
the sea worships You and the islands and their inhabitants.

From age to age and for ever. Amen.

In the morning the Church gives thanks to You, Lord,
that Church which You made like to Paradise.

But instead of trees You fill it with men and women.
And behold, she sings praise on the harp of David,
She sings praise to the Heavenly Bridegroom.

For the Mother of God

O Solomon, fair child, what is that garden of which you sang,
which was closed and sealed in its virginity?
The enclosed garden with its sealed fountain is Mary
from whom came forth the gardener who planted Paradise.

Peace be with you, full of grace,
said the Wakeful One to the Virgin, the Lord is with you,
and shall come forth from you in a holy manner,
the King whose Kingdom shall have no end for ever.

He who makes the rain pour from the clouds
and sprinkles the earth with showers,
sucks drops of milk from the breast of the Virgin Mary.
Wonder filled His Mother when she bore and carried Him.

The infant who is older than the ages is lulled like a baby.
Behold, He leaps like other children,
before whom John leapt at meeting Him.
He is carried in the arms, the Ancient of Days.

For the Saints

To the Kingdom and life for ever are the saints invited:
what no ear has heard, nor eye of flesh seen,
what has not entered into the heart of any human being.
Great is the blessedness of those who are worthy of it,
what God has prepared for those who love Him.

In the morning the Son of the King went forth
to hire labourers for the vineyard of His Father's house.
First He hired the prophets and the apostles,
and at the eleventh hour the thief,
and He gave him the key and sent him to Paradise.

Blessed are you, holy ones, our Lord said, blessed are you,
because you gave up this world with its pleasures,
now there is kept for you on high
the bridal chamber and the garden and the table of the Kingdom.

Tell us, blessed martyrs, what is the sight you saw
when you were standing in the court before the judges?
We saw swords and the fire kindled.
We saw the Holy Spirit who weaves crowns
and places them on the heads of His saints.

For Repentance

At Your door, Lord, we knock
and from Your treasure-house we beg for mercy.
We are sinners who for years have departed from Your ways.
Grant us to confess our sins
that we may be free from them and live by Your grace.

At what door shall we go and knock if not at Your door,
O Compassionate Lord? And who is there to plead for us,
if Your heart is not inclined to graciousness,
King to whose majesty the kings of the earth pay honour?

Father, Son and Holy Spirit, be to us a high wall.
Be a house of refuge from the Evil One and his powers
who fight against us. Under the wings of Your mercy
protect us when the wicked are separated from the good.

May our prayers be a key to open the door of heaven.
And may the angels in heaven hearing them say:
How sweet is the voice of the earthly ones!
The Lord will quickly grant their petitions.

For the Departed and the Resurrection

May the dead bought by the blood which flowed from Your side,
Lord, be made to rest close to Abraham, Isaac and Jacob.
May they be clothed with glory and be given joy
with You in the house of Your Father.

On the altars in the four quarters of the earth,
memory is made, O our Saviour, of all who ate Your flesh
and drank Your blood and confessed Your passion.
Give them rest, Lord, in Your abode of light
and raise them up on the day of the resurrection.

When You set up the seat of judgement to judge all,
and the peoples enter Your presence
for the trial and the dread judgement,
may Your worshippers behold Your compassion,
who were clothed in You with water and the Spirit.

When the impious have to face the sea of fire,
may our fathers and brothers who have slept in Your hope
and who confessed the Trinity, be pardoned and raised
by the sweet sound of Your voice to Your right hand.

Prayer for the Burning of Incense

By this incense which we present... p. 41

A SERVICE OF REPENTANCE AND PRAISE

From Psalm 25

To You, O Lord, we lift up our hearts,
halleluia, halleluia.
In You we trust, do not let us be put to shame.

Do not let our enemies exult over us,
halleluia, halleluia.
Those who hope in You shall not be put to shame.

Only the wicked, those who break Your faith, are put to shame,
halleluia, halleluia.
Lord, show us Your ways.

Make us to know Your path,
halleluia, halleluia.
Lead us into all the truth.

Glory be to the Father... From age to age...

Common Response

The light, Lord, worships You.
The companies of heaven praise You.
In the morning when Your light appears
all creation worships You.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to Him who calls sinners to repentance and does not hold back His mercy from His worshippers, who cares for the life of all flesh and reveals His loving kindness to all those who turn to Him, the Good One to whom belongs glory, honour and adoration, at this time of morning...

In Your presence, God the Father, who are hidden from the Wakeful Ones and angels, and in the presence of Your Beloved Son, who manifested Himself to the creation, and in the presence of Your Holy Spirit, who brings forgiveness to the world by His descent and before Your holy altar on which is proclaimed Your high Godhead and on which Your Glorious Trinity descends, we offer prayers that it may be for the pardon of the offences of all Your people, and for the rest and remembrance of the departed believers. For all these we also offer praise and thanksgiving, now and always and for ever. Amen.

Hymn for the Morning

In the morning Jacob the Just, was awakened from his sleep.
He marvelled at the ladder which was set upon the earth
while its head reached to heaven, and the angels and Wakeful Ones
of the heights ascended upon it, carried up on high.

In the morning Moses ascended the mountain
and saw the Church being built.
It was fair in its building, for it was built by the Holy Spirit.
He descended and made, like unto it, the tabernacle for Israel.

Glory be to the Father and to the Son and to the Holy Spirit.

In the morning Simon Peter cried: Bid me, Lord, come to You.
And our Lord answered and said to him:
Walk upon the waves and do not be afraid.
Everyone who believes in Me has no fear on sea or on land.

From age to age and for ever. Amen.

In the morning Simon walked on the sea towards his Lord.
And when his mind wavered he began to sink in the waves.
But the Lord of all put out His hand at once,
and drew him from the sea to the land.

Supplication Song Lord be gracious to us and help us.

Open to us, our Lord, Your great door,
You who are full of graciousness.
Hear our supplications and be gracious to all.

Lord of the mornings and Ruler of all seasons,
hear our supplications and be gracious to the whole world.

The Lord loves prayer in secret in the inner chamber.
It is not by loud cries that the just won their victories.
The prayer of Moses and his humility divided the sea and the people
passed over, while Pharaoh was drowned because of his pride.

Joshua, the son of Nun, by his prayer,
stayed the sun and the moon in the firmament.
In the depth of the sea Jonah prayed in the belly of the whale
and the voice of his prayer was heard by the Lord of all on high.

God heard the prayer of David and had mercy on him.
He passed over his transgression
and gave back to him the gift of prophecy.
Hananiah and his companions in the furnace called upon God
and He delivered them from the burning of the flames.

Glory be to the Father who hears the just who call upon Him.
Adoration to the Son who gives them an answer to their requests.
Thanksgiving to the Spirit by whom they are moved in secret
One nature in three, to Him be praise.

There are three things, Lord, which make me tremble:
the hour of death, the dread judgement-seat and Gehenna.

Concluding Prayer

It is good to give thanks to the Lord,
to sing praise to Your name, Most High,
to proclaim Your goodness in the morning,
and Your faithfulness in the night.

Lord, in the morning, we pray, hear our voice.
In the morning we prepare ourselves to be with You.
Lord, have compassion on Your people.
Lord, pardon and forgive the sins of us all.

Holy One, let Your right hand rest upon us
and pardon our weaknesses because Your name is for ever.
Amen.

Trisagion

Holy are You, O God. Holy are You the Strong.
Holy are You the deathless Who were crucified for us.
Have mercy on us. (3 times)

Lord, have mercy on us. Lord, have pity and mercy on us.
Lord, receive our service and our prayer and have mercy on us.

Glory to You, O God, Glory to You, Creator.
Glory to You, Christ the King,
Who have compassion on Your sinful servants. Bless, Lord.

Our Father in heaven... Hail Mary, full of grace ..

MEDITATION

FRIDAY

THE MYSTERY OF THE CROSS
THE TREE OF LIFE
THE WITNESSING OF THE MARTYRS

I saw three crosses very different one from another.
That on the right is alive and not dead.
That on the left is dead and not alive.
That in the middle makes me marvel.
It is like one who wakes while he sleeps.
It is like one who lives while he dies.
It is like a son of man and he is God.

Night Vigil. First Watch. Response.

Christ our God who taught us that there is no greater love
than that a man should lay down his life for his friends
while You are He who gave Your life for us...
You made the martyrs the imitators of Your passion.
They left the world and found You by being slain.
They were baptized by the blood of their necks,
and lost their lives that they might find You, the true life.

Second Watch. Eucharistic Prayer.

Evening Prayer on Friday

Lamp-Lighting Hymn Joy-giving light...p. 27

Doxology Glory be to the Father...p. 27

Opening Prayer Grant us, Lord God...p. 27

Evening Psalms We call upon You, Lord...p. 27

Common Response **For the Cross**

He who bears the whole creation
was borne by the wood of the Cross.
The Living One and Giver of Life tasted death for our sins.
He whom the whole world cannot hold,
whom the creation cannot contain, rested in the tomb.
God mighty for evermore reclined among the dead.

A Seed of the Word **The Saving Knowledge of God**[19]

Who is the God to whom we offer adoration?
The God of gods whose glory the worlds are
and who rules this world of man and all living beings.
It is in Him that we live and move and have our being.
As seers of old have said, we are God's offspring.

He is the God of forms infinite, in whose glory all things are,
smaller than the smallest atom yet the Creator of all,
ever living in the mystery of His creation.
In the vision of this God of love there is everlasting peace.

Glory be to the Father and to the Son and to the Holy Spirit.

He is the Lord of all, hidden in the heart of things,
who watches over the world of time, its protector...
The spirits and the seers of God are one with Him.
When a man knows Him He cuts the bonds of death.

From age to age and for ever. Amen.

When one knows God as hidden in the heart of all things,
as cream is hidden in the milk, he is released from bondage...
This God, the Maker of all that is, the Supreme Soul,
dwells for ever in the hearts of men. Those who know Him
through their heart, their mind, become immortal.

Because I live, you also will live... and you will know
that I am in My Father, and you in Me, and I in you.
He who loves Me is loved by My Father.
I too love him and reveal Myself to him.
Love one another as I have loved you.

For Friday: The Creation of Man the Fall and Redemption

You created me and placed Your hands upon me.

On Friday, in the beginning, God created Adam from the dust.
He breathed on him the Spirit and gave him speech,
that he might sing praise, halleluia,
and give thanks to his Creator.

Your knowledge is too wonderful for me.

On Friday, God created Adam and Eve in His image and likeness.
He placed them in Paradise and commanded them:
All the trees shall be your pleasure, halleluia,
but from one keep your soul, for death is hidden within it.

God was walking in the garden at the evening hour,
when Adam and Eve hid from Him among the trees.
He asked: Have you eaten from the tree which I forbade you?
The woman You gave me, Adam said, gave me the fruit to eat.
And the woman said: The serpent beguiled me and I ate.

In the evening the Lord of creation who at noon.
had stretched out His hands on the tree of the Cross,
instead of the fruit which Adam ate,
tasted death of His own will, halleluia, halleluia,
and restored our ancestors to their inheritance.

For the Cross

In the evening the Church saw Christ
nailed on the Cross on the height of Golgotha.
and bowed down and worshipped Him and said:

Glory to You, Lord, who came and saved us from death.
You redeemed us by Your blood and signed us with Your Cross.

Incense burnt in sacrifice and wafted in the evening,
and spread from Golgotha to the ends of the world,
receive this incense which Your Church offers to Your Majesty.
Make our lives fragrant with the good odour of Your Gospel,
as the rose draws people by its scent and it remains with them.

Glory to the Prince of Peace and Reconciliation
who descended from the highest heaven for our sake
and brought God's liberation to our race.
He redeemed us by His Cross and taught us to exalt it.
Halleluia, halleluia, we bless and worship the Cross.

Praise, honour, glory and power for ever and ever,
to the Lamb who bears the marks of His slaughter,
who redeemed us by His blood,
and signed us with His Life-giving Cross.
Halleluia, halleluia, we bless and worship the Cross.

For the Mother of God

As the soldiers had completed crucifying Jesus,
they divided His clothes among themselves,
casting lots for His seamless robe.
Near the Cross of Jesus stood His Mother,
her child, she had been told, would be rejected by all.

In the temple the Child's Mother had been wondering
at what was said by the prophet Simeon,
You, too, shall be pierced to the heart,
that the secret thoughts of men might be laid bare,
and their hearts be healed from the wound of sin.

For Vigilance

Beloved, let not our love be a pretence.
We must turn away from evil and cling to good.
We must love each other as much as brothers should.
Let us work for the Lord with untiring efforts,
with great earnestness and ardour of the Spirit.

Let us not give up when trials come but keep on praying.
With the joyful let us be joyful, and mourn with the mourners.
Let us not keep on thinking how wise we are, nor be haughty;
but go about with the lowly and make friends with the poor,
and never pay back evil with evil but conquer evil with good.

For the Resurrection

Adam stretched out his hand to take the fruit
from the tree of knowledge and ate it,
and death was hidden in it.
Our Lord ascended the cross and tasted death for him
and restored him to the place of his inheritance.

Adam, Adam, do not be dejected
because you transgressed the command.
With one word I will call you and you shall rise and stand.
You shall sing praise and offer thnksgiving
to the Father and to the Son and to the Holy Spirit,
the Threefold Mystery.

Prayer for the Burning of Incense

Accept, Lord, in Your compassion... p. 29

A SERVICE FOR THE MARTYRS

From Psalm 44

For Your sake we are slain every day,
halleluia, halleluia.
We are counted as sheep for the slaughter.

Awake and do not sleep, Lord,
halleluia, halleluia.
Do not forget us, but come to our help.

Do not turn Your face from us,
halleluia halleluia.
Do not forget our humiliation and our affliction.

Because our soul has slept in the dust,
halleluia, halleluia,
and our body is pressed to the earth.

Glory be to the Father... From age to age...

Common Response

O holy martyrs who endured torments and afflictions
from impious judges for your Lord,
behold, your reward is kept for you
at the feast of lights which does not pass away.
May your prayer be for us a high wall and a house of refuge.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to Him who tore in pieces the register of our sins and made us ascend with Him to heaven and made us sit at the right hand of His Father. To Him belongs glory, honour and adoration, at this time of evening...

Christ our God who when You were hung upon the Wood saved and delivered us in our guilt, we honour Your Cross while we say that it was God who was crucified upon it. We worship the Cross as the great sign and token of victory which shall go before You at the time of Your manifestation from heaven. We all worship the Cross and in the Cross we put our trust. We extoll the Cross. We take delight in the Cross. We love it vehemently. In it is our boast as we glorify Christ. We receive His passion and His death in our flesh, that we may live in Christ's presence and likewise with Him we may reign in His heavenly kingdom. And we will offer praise and thanksgiving to Him and to His Adorable Father and to His Holy Spirit, now and always and for ever. Amen.

Hymn

Martyrs of the Beloved Son,
You are the beloved of the Firstborn of the Most High,

who for Him were slain, and for His love endured sufferings,
and for His sake were offered in sacrifice.
Blessed is He who has magnified your memory.

Blessed are the prophets, blessed are the apostles,
blessed are the martyrs, on the day of the resurrection
they will hear the Father and they will see the Son
and the Holy Sprit who weaves crowns for them.
They will enter and inherit that blessedness
which eye has not seen and ear of flesh has not heard.

Glory be to the Father and to the Son and to the Holy Spirit.

Glory to You, O Lord, because at all times
You raise just men who give glory to Your name.
In the first ages You raised Noah and Abraham,
Isaac and Jacob, Moses and Elijah.
And in this age the blessed martyrs intercede with You for us,
by the blood which flowed from their necks.

From age to age and for ever. Amen.

There are four quarters in the earth
and in all four of them we have helpers:
in the east is Thomas the Apostle,
in the west Simeon the Pillar Saint,
in the north the forty holy martyrs of Sebaste,
and in the south John, the friend of the Bridegroom.

Supplication Song Lord, be gracious to us and help us.

Make us to share, Lord,
in the remembrance of Your Mother and of Your saints.
By their prayers, Lord, pardon us and our departed.

By the prayer of Your Mother
and of the prophets, apostles and martyrs. keep the living.
In your tenderness be gracious to the whole world.

How fair and lovely is the day of the remembrance
of the Blessed Virgin Mary, Mother of the Son of God.

By her prayers may the Lord remove all distress
from every place which keeps her remembrance in faith.

How fair and lovely is the day of the remembrance
of the holy martyrs who are like watchers over the world.
By their prayers may the Lord make His peace and tranquillity
rest on the Churches who honour the day of their remembrance.

How fair and lovely is the good hope which our Lord gave
to the dead in Sheol when He lay down like them, beside them.
Behold, you dead, arise, Death is slain.
Come forth from within the grave,
to sing praise to Him who raised you up from destruction.

Glory to You, Lord, who in Your graciousness.
became a son of man from a daughter of man,
and You honour the memory of the martyrs whom You chose.
Adoration to Your Father,
and to your Holy Spirit the highest exaltation.
To the departed a good remembrance, and on us Your tender love.

Above in heaven and here in the Churches on earth,
may there be a remembrance of the blessed one
and of the saints and of the faithful departed.

Concluding Prayer

Lord Jesus Christ,
do not close the door of Your mercy on our faces.
Lord, we confess that we are sinners, be gracious to all.

Your love made You descend from Your place to us.
Lord by whose death our death was ended,
be gracious to the whole world.

Trisagion Holy are You, O God...p. 30

MEDITATION

Night Vigil on Friday

Glory be to the Father and to the Son and to the Holy Spirit.

And on us weak and sinful servants
mercy and compassion in both worlds for ever and ever. Amen.

Trisagion Holy ! Holy ! Holy ! Lord...p. 25

AWAKENING SERVICE

Opening Prayer Awaken us, Lord...P. 31

Night Psalms Bless, Lord ! Bless the Lord, all you who serve...

Response

Awake, arise, you children of light, and give glory to the Lord
who, out of love, suffered to redeem the creation.

Awake, beloved. Arise and light your lamps,
the Bridegroom is coming, go you forth to meet Him.

By the prayers of the Virgin Mary who brought You forth,
have pity, Lord, on Your Church redeemed by Your Cross.

By the prayers of the prophets and apostles,
the martyrs and all the just, the martyrs and all the just,
strengthen Your Churches and establish peace in the world.

May the departed who ate Your holy body and drank Your blood
take their pleasure with You in the marriage chamber of light.

Glory be to the Father... From age to age...

Glory to You, our Saviour.
And to the Father who sent You, all honour.
And to the Holy Spirit, adoration and exaltation.

FIRST WATCH FOR THE CROSS

Common Response

I saw three crosses very different one from another.
That on the right is alive and not dead.
That on the left is dead and not alive.
That in the middle makes me marvel.
It is like one who wakes while he sleeps.
It is like one who lives while he dies.
It is like a son of man and He is God.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise...to Him who gave His Cross as a stronghold to His Church and made His shame the glory of His bride. To Him belongs glory, honour and adoration, at this time of the Night Vigil...

Christ our God who when You saw our weak race grown old in sin were raised upon the wood of the Cross, in Your love, that You might save and deliver us from the bondage to sin, we worship Your Holy Cross while we say: The Cross is a stronghold which does not fall. The Cross is an armour which does not fail. The Cross confounds the unbelievers. The Cross brings together all the nations. The Cross crowns the martyrs. The Cross reconciles those in heaven and those on earth.

Therefore, Lord, by Your Cross forgive our faults. By Your Cross guard Your Churches. By Your Cross strengthen ashrams and monasteries and make us and our departed worthy to worship You on the day of Your manifestation, that we may find protection beneath the wings of Your Cross. And we will offer praise and thanksgiving to You and to Your Father and to the Holy Spirit, now and always and for ever. Amen.

Hymn

From Rome, the imperial city, Queen Helen came to Jerusalem
to venerate the Cross, and she asked every one:
Come and show me the place of the Cross. And they said to her:
We have a Rabbi; if you meet him he will show you the place
where is laid, halleluia, the Cross of the Saviour.

On high, on the arms of the Cross the Shepherd slumbered and slept,
while the sheep were scattered in the streets of Jerusalem.
Simon denies Him with an oath: I do not know the man.
And again he swears: I have never seen Him.
The thief hanging on the cross cries out to Him:
Remember me, Son of God, when You come in glory,
halleluia, in the company of Your angels.

Glory be to the Father and to the Son and to the Holy Spirit.

Emmanuel our God was hung upon the Cross; the Son
of El-Shaddai, God of the Mountain[20], inclined His head and died.
Only His breath left Him on the Cross;
The Godhead was not taken away when He left His body.
He gave up His human life, not the eternal one.
Let those who crucified Him repent in mourning,
for crucifying the Most High, halleluia. Let us all mourn Him.

From age to age and for ever. Amen.

Come, O Cross, and tell us what is your power,
that from one end of the earth to the other people worship you.
On the summit of Golgotha I was made an altar,
when on me they crucified the Son of God.
One of the soldiers plunged a spear in His side, but His people
did not taste His wine; the Church who received it
offers it on the altar, halleluia, and takes her delight in it.

Supplication Song Lord, be gracious to us and help us.
Son who by Your Cross deliver Your Church from untruth,
grant her Your peace and keep her people by the Cross of light.

Peace who reconcile those in heaven and those on earth,
give to Your Churches the joy of peace and unity,
and keep their people by the Cross of light.

When three crosses were found lying together,
the mother of the king was sad, because she did not know
how to recognise the Cross of the Son of God.

Do not be grieved, blessed one, said the man who had dug the pit.
The Lord lives who will show you which is His Cross.
And the Father was pleased to show the Cross of light
by means of a dead youth who was being taken to the grave.

When they placed them one after the other on the dead man,
the people cried: Living Cross show Your power!
The dead man saw the Cross of light and rose from the bier,
and all who saw it gave glory to Him who raised him up.

Adoration and praise to the Father, the Son and the Holy Spirit.
To Him be glory from generation to generation for ever.
The blessed one took the Cross and placed it in the Church
to be venerated with psalms and hymns. And she wrote
and established this commemoration for all the generations to come,
that all who believe in the Cross of light may live for ever.

By the love which had compassion on the thief on the right hand,
have compassion on us, Son of God, and be gracious to the whole world.

MEDITATION

SECOND WATCH FOR THE MARTYRS

Acclamations Blessed be the glory of the Lord...P. 32

Common Response

We are assembled together in memory of the saints, beloved,
to offer praise to the Lord of all saints, that
in His graciousness, He may make peace to dwell in the world.
May He gather us with them in their assemblies,
so that on the day when the sign of His Majesty is revealed,
we may praise Him with His saints without ceasing.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise...to the Adorable Lord for whose sake the martyrs were slain, the Lord who made His servants victorious over impious rulers, the Head of the martyrs who receives the sacrifice of those who lay down their life for Him. To Him belongs glory, honour and adoration, at this time of the Night Vigil...

Christ our God, Light and Splendour of the Saints, who taught us that there is no greater love than that a man should lay down his life for his friends, while You are He who gave Your life for us...You made the martyrs the imitators of Your passion. They left the world and found You by being slain. They were baptized by the blood of their necks and lost their lives that they might find You who are the true life.

Therefore, we beseech You, Christ our Saviour, by the sacred blood of Your martyrs, be propitious to Your holy Church and bestow on her the lasting peace which comes from You. Remove from her destructive divisions and confirm in her Your faithful promise that the powers of death shall never prevail against her. Make us worthy with the martyrs and all those who have followed You in Your Passover with faith, to rejoice in Your Kingdom, and we will offer You praise and thanksgiving, now and always and for ever. Amen.

Hymn

A perfume rises from the bones of the blessed martyrs
and gives pleasure in the heights above to the King of kings.
The Wakeful Ones in heaven rejoice at their endurance
and behold, the Churches celebrate their festivals.

The companies of the Wakeful Ones flew down from their places,
when they saw that the martyrs were being slain.
who call great blessings upon the Holy Church, on account of the
sacrifice arising from her to the King of kings.

Glory be to the Father and to the Son and to the Holy Spirit.

Today let the bones of the blessed martyrs exult.
Let the Churches rejoice who celebrate their festival.
When the King Chirst appears in His great glory,
they will enter with Him the bridal chamber full of joy.

From age to age and for ever. Amen.

O martyrs, friends of the Son, what made you drunk,
so that struck with the sword you suffered with joy?
We saw Jesus on the Cross and were made drunk with His love.
We did not feel the torments for love of Him.

Supplication Song Lord, be gracious to us and help us.

Our Lord, be gracious to us,
by the prayers of the martyrs who loved You so much.

By their prayers and supplications,
pardon us and be gracious to the whole world.

Where the martyrs were slain and their members divided,
the Holy Spirit descended and made peace amid desolation.

O martyrs, you are like eagles and more swift than the wind;
when anyone calls to you for help on the sea you answer,
and on the dry land likewise you are present.

The martyrs with voices full of sorrow,
sang to the Son in the midst of their sufferings,
but on the day of their festival, behold, the Churches sing praise.

Glory to Your right hand, Lord,
which strengthened the martyrs in their contests
and wove for them crowns of glory and placed them on their heads.

Our Lord, be gracious to us,
by the prayers of the martyrs who loved You so much.

By their prayers and supplications,
pardon us and be gracious to the whole world.

MEDITATION

THIRD WATCH
FOR THE DEPARTED AND THE RESURRECTION

Acclamations Blessed be the glory of the Lord...P. 32

Common Response

Paradise is the place of the saints.
Paradise is the dwelling of the just.
Paradise is the habitation of the sinners who repent.
Paradise is life without end.
Paradise is the feast of gladness which does not pass away.
Blessed are those who are found worthy to make their way there.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord . . . Compassionate Lord, we praise...

Praise...to Him who is the hope of those who were without hope, the resurrection of the dead, who raises up to the Heavenly Kingdom those who have slept in His hope. To Him belongs glory, honour and adoration, at this time of the Night Vigil . . .

God, Creator and Lord of all power, who cause to die and cause to live, remember the departed who died in your hope in true faith. Command that the souls of our fathers and brothers and teachers may dwell in Your abode of light in the heavens and be united with the saints. May they inhabit the light which never sets and inherit the life which never decays, because you are good and rich in gifts and a Lord overflowing with love. To You we offer praise and thanksgiving, now and always and for ever. Amen.

Hymn

Help us, O our Saviour, hallelujia.

Rise, O Lord, help us and deliver us, said Adam and Eve,
the Serpent has fallen upon us among the trees.
We are overcome by him because of the fruit,
and we have lost the glory in which we were clothed.

Lord, be to me a helper, halleluia.

Trusting in Your love, I call upon You, Lord,
and at Your door, as You taught me, behold, I knock.
Grant me my requests, and as I have acknowledged You, Lord,
do You acknowledge me and protect my life by Your Cross.

Glory be to the Father and to the Son and to the Holy Spirit.

The Evil One has bound me with the chains of iniquity,
and I have been tied to sin for a long time.
May Your compassionate love, O Lord,
cut from my limbs the bonds and fetters of sin.

From age to age and for ever. Amen.

The Church stands at Your door and beseeches You,
by the sufferings which You endured for her on the summit
of the Wood, that You will be gracious to her and her people
by the great sign of Your life-giving Cross.

Supplication Song Lord, be gracious to us and help us.

Renew, O Full of Mercy, Your creatures by the resurrection,

Your servants and Your worshippers who have slept in Your hope.

O Lord, give rest and pardon to the dead
who have slept in Your hope and await Your coming.

Give rest to those in the grave, O Heavenly King,
and multiply forgiveness for the departed believers.

At the side of Abraham, Isaac and Jacob, O Lord,
make to rest Your servants who have slept in Your hope.

Glory to Christ who calls the dead,
and they rise without corruption and sing praise.

Body, soul and spirit will awake and cry together:
Blessed is He who has come and will come to raise the dead.

The sanctuary lamps are lighted now and the curtain is drawn aside to celebrate the coming of the Day. The Fourth Watch that follows is already a Morning Service.

FOURTH WATCH

Service of the Communion of Saints Halleluia...p. 33

Cosmic Praise Praise the Lord from the heavens...

Supplication Song Lord be gracious to us and help us.

Make us to share, Lord,
in the remembrance of Your Mother and of Your saints.
By their prayers, Lord, pardon us and our departed.

By the prayer of Your Mother
and of the prophets, apostles and martyrs, keep the living.
In Your tenderness, be gracious to the whole world.

By the mouth of the archangel the Judge had issued a decree
and revealed to Mary that her Son's Kingdom should have no end.
This hidden secret between Mary and the angel
of which no one had ever been aware, behold,
it is stamped and nailed on the summit of the Cross.

When they saw the death of the martyrs,
the people of the left hand were confounded, because
by them the Cross revealed that its power is of God.
When men were slain because of it the earth learned
that it was the Son of God who had been crucified.

When the King ascended the Cross, salvation appeared.
And He began to cry and to awaken the captives
who were drowned in sleep, and He called the dead:
I bring good news to you. I died that you might live.
Go forth from the grave and see My salvation.

Glory to the Father who sent His Son and He came to birth.
Adoration to the Son who died on the Cross and gave life to us all.
Thanksgiving to the Spirit who strengthens the martyrs
in their contests, and who makes the dead to rise from their graves.
To Him be glory.

Above in heaven and here in the Churches below,
may there be a remembrance of the blessed one
and of the saints and of the departed believers.

Concluding Prayer

Lord Jesus Chirst,
do not close the door of Your mercy on our faces.
Lord, we confess that we are sinners, be gracious to all.

Your love made You descend from Your place to us.
Lord by whose death our death was ended,
be gracious to the whole world.

Trisagion

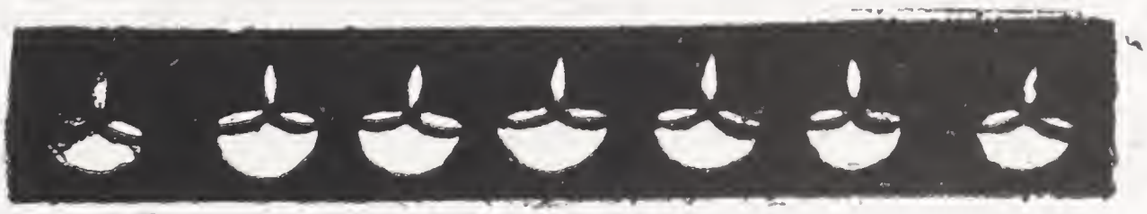
Holy are You, O God. Holy are You, the Strong.
Holy are You the Deathless who were crucified for us.
Have mercy on us. (3 times)

Lord, have mercy on us. Lord have pity and mercy on us.
Lord, receive our service and our prayers and have mercy on us.

Glory to You. O God, Glory to You, Creator.
Glory to You, Christ the King,
who have compassion on Your sinful servants. Bless, Lord.

Our Father in heaven . . . Hail Mary, full of grace . . .

MEDITATION



Morning Prayer on Friday

Invocation In the name of the Father . . . p. 25

Trisagion Holy, Holy, Holy, Lord, . . . p. 25

Doxology Glory be to the Father . . . p. 26

Opening Prayer Creator of the morning . . . p. 38

Morning Psalms 51 & 63 Be gracious to us, . . . p. 38

Response

The Cross is a token of peace. The Cross is a sign of victory.
It is by the Cross that we are saved. In it we all glory.

In the camp of Israel the serpent of bronze was set up
as a figure and a pledge of the Cross that gives life.

By Your Cross, Lord Jesus,
and by the prayer of Mary who bore You,
make Your peace and tranquillity
dwell in the four quarters of the earth.

Blessed is He who made the Cross
a ladder for the children of Adam
by which ascended the patriarchs and the prophets,
the apostles and the martyrs.

The Cross has conquered. The Cross conquers.
The Cross will conquer the Enemy.
The Cross is a stronghold to all who confess it.

The Cross reigns in heaven. The Cross reigns on earth.
The Cross is a stronghold to the Churches and the monasteries.

We do not fear the Evil One, because the Lord is with us.
We are clothed in His strong armour and in it we glory.

May the promise received from You
by the thief on the summit of the Cross
be received by the departed believers who confessed the Trinity.

Glory be to the Father... From age to age...

Glory to Jesus who was crucified on Golgotha in Jerusalem.
When He cried with His voice, the rocks were rent
and the dead arose and sang praise. Amen.

Psalm 113 Praise, you servants of the Lord...P. 40

A Seed of the Word Praise with Joy and Fire

He-the Supreme Self–moved about, offering praise.
And he said: What a joy for me to offer praise.
Praise with joy is what makes fire fire.
Joy is the lot of those who understand
that praise with joy is what makes fire fire.[21]

Hymn for the Morning

Lord, in the morning You shall hear my voice, halleluia.

On Your great morning when You shall come, Lord,
do not say to us, I know you not.
O Lord, You have given us Your holy body as a pledge
and Your precious blood in propitiation for the world,
halleluia, in which the peoples rejoice, and they sing praise.

In the morning we prepare ourselves to be with You.

In the morning when You appear in the world
the creation hastens to worship Your Cross.
A message comes to the holy Church that Satan has fallen
by the power of the Cross, halleluia, and every man
from his place gives thanks and cries: Glory to You, Lord.

Glory be to the Father and to the Son and to the Holy Spirit.

Praise, thanksgiving, honour and adoration to the Son of the Virgin
Remembrance of the blessed one who gave birth to Him
and the seal remained, and she gave suck
and bore for us the Firstborn, the Saviour of the creation.
Halleluia, truly He is the Saviour of the creation.

From age to age and for ever. Amen.

Glory to the High One, upon whom the Wakeful Ones in heaven
beside the Father cannot look; in His goodness
He was pleased to come forth from a virgin upon earth
to redeem Adam and his children, halleluia.
Glory to Him and to Him who sent Him,
who was humbled for our salvation.

For the Mother of God

Memorable is the blessed one and memorable the company
which entered with her into the garden of Eden.
Memorable also the holy ones when they cry before her:
Come in peace, Mother of the Lord, halleluia.
Come, enter and beseech your Son,
that He may be gracious to the whole world.

Isaiah, speak to us, son of Amos, declare's to us:
who is He who is conceived of the Virgin?
It is God of true God. His name is Emmanuel.
Halleluia. Blessed is the Lord of the prophets,
who came and fulfiilled all their sayings.

Holy Virgin upon whom the power of the Most High descended,
you brought forth the Saviour of the world.
On the day of your remembrance pray and beseech your Only Son
that He may have mercy on the world, halleluia.
By your prayers may He be gracious to the whole world.

The Lord of the Wakeful Ones descended and dwelt in the Virgin.
He took pure flesh from Mary. The heavens are full of Him
and the earth is too small for His majesty.
Yet the lap of Mary carried Him, halleluia.
Blessed is He whose mother prays to Him
that He may be gracious to the whole world.

For the Cross

The Holy Cross hallows our being.
The Cross of pardon pardons our offences.

The Cross casts down the Evil One and his powers.
It gives victory to its worshippers who rejoice in its festival.
Halleluia, keep us, Lord, beneath the wings of Your Cross.

By Your Cross, our Lord, the Church is redeemed.
She takes pride in it and by its sufferings she is raised on high.
And we who take refuge in the Cross, Lord,
seek protection in it from the Evil One and his powers.
Halleluia, protect us, Lord, under the wings of Your Cross.

For the Saints

At your doors, O Church, watchers stand
by night and by day and guard you from the Evil One:
Simon, the foundation, and Paul, the architect,
and John, the friend of the Bridegroom, halleluia,
and David, the Harp of the Holy Spirit.

On Simon, the Rock, our Lord built the Church
and He set it up on seventy pillars,
higher and loftier than the Himalayas.
The architect and builder has His dwelling on high, halleluia.
Blessed is He who built the Church and set up the altar in it.

The servants of the Most High stood in the place of judgement
and they raised their eyes to heaven and said:
Lord, we renounced the world for the love of You.
Grant us victory and put the Evil One to shame, halleluia,
that the wicked may not say: Where is your God?

The martyrs intercede with You for the sins of the world
for they are accustomed to repair the breaches.
They stood in the place of judgement and endured all torments.
And, behold, blessings flow from their bones, halleluia,
for those who seek refuge in the place of their bones.

For Friday

On Friday, wicked men set up the Cross of the Most High.
And on Friday again they pierced His side with a spear

and there flowed from it for us the blood and water of life,
halleluia, for the salvation of all the peoples
who confess Him and believe in Him.

Tell us Friday, why is there great honour to you
among all the Churches? On me was created Adam,
the head of humankind, and on me He entered Paradise
and the Wakeful Ones bowed down before Him, halleluia.
On me was crucified the Firstborn who redeemed the world.

For the Lord's Morning

How fearful is the morning on which the Lord will come.
The creation will tremble like at the roaring of a lion.
The Judge will sit and the books will be opened.
All those things which are hidden He will bring to light.
Halleluia, You who know all the things which are hidden
have compassion and be gracious to the whole world.

On that morning everyone will be rewarded according to his work.
Then, Lord, may Your grace be manifested to us.
May we hear that voice which calls those who believe:
Come faithful labourers, receive your reward, halleluia,
the marriage feast and the Kingdom and life which does not pass away.

For Repentance

Blessed am I, cried the thief on the cross,
on the right hand of the Most High, blessed am I.
The door which Adam closed by the transgression, Lord,
grant that I may be worthy to open it, halleluia,
and enter with face unveiled and cry: Glory to You, Lord.

Treasury which never fails, Rich One who never grow poor,
High Wall which is not to be overcome,
strengthen our weakness, cleanse us from our sins,
and grant us strength to praise You, halleluia,
and to give thanks for Your grace, Jesus, Saviour of the world.

Your judgement, Lord, is severe and our sins are many.
Justice is to be faced and we cannot escape.
By that love which, for our own sake,
brought You before the judge, do not remember our faults.
Halleluia, Just Judge, have compassion, be gracious to all.

Woe to us, that we fed with the lambs in the rich pastures
and with them we took our delight by the still waters.
What shall we do when the shepherd appears,
halleluia, and we are clothed in the black skins of goats?
Heavenly shepherd, make us worthy to be with Your lambs.

For the Resurrection

Christ our Saviour who decended from on high
and were hung on the Cross and brought salvation to our race,
and defeated the Evil One, give joy and rest, Lord,
halleluia, to those who believed in You
and who were numbered in Your fold.

The departed believers await Your coming,
that You may fulfil Your promise to them:
He who eats My flesh and drinks My life-giving blood
abides in Me and I in him.
Halleluia, Lord, in Your graciousness,
raise up Your servants who have slept in You.

Prayer for the Burning of Incense

By this incense which we present...p. 41

A SERVICE FOR THE CROSS

From Psalm 44

Through You we threw back our enemies,
    halleluia, halleluia.
In Your name we defeated our aggressors.

For it was not in our bows that we trusted,
    halleluia, halleluia,
nor in our armour that it may save us.

It was You who saved us from our foes,
halleluia, halleluia,
You who put our enemies to shame.

All day long we give thanks to You, O God,
halleluia, halleluia,
we praise Your name without ceasing.

Glory be to the Father... From age to age...

Common Response

By Your Cross You have defeated and overthrown
the enemy who had prevailed over our race.
Therefore we worship Your life-giving Cross.

Eucharistic prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise...to the Saviour who made His Cross a strong wall for His flock and gave it as a shield of salvation for His inheritance. To Him belongs glory, honour and adoration, at this time of morning...

We worship You, Christ our God, and we take refuge in Your Cross. By it may the sacrifice of our lips and the offering of the incense of our thoughts be perfected. By Your Cross may peace and joy be bestowed upon us. By Your Cross may the Church be strengthened and her people be protected. By Your Cross may sin be blotted out and righteousness increased. By our Cross may the living be sustained and the dead be raised. And on the last day may we find refuge under the wings of Your Cross, and with all Your people come to the house of life. And we will offer praise and thanksgiving to You and to Your Father and to Your Holy Spirit now and always and for ever. Amen.

Hymn for the Cross

Beneath Your wings protect us, Lord, halleluia.

In the morning the Life-giving Cross will suddenly appear
and manifest its victory from end to end of the earth.

Those who denied it will have to acknowledge it,
though they like it not, and the blessed martyrs
will rejoice in it and receive their crowns.
By it we will confess You and worship You, our Lord,
because by Your death and resurrection we obtain life.
Blessed is He who made His Cross a stronghold for us.

He made His light shine upon the world, halleluia.

The Cross of the Son of God which the wicked had hidden,
today has been manifested in the four quarters of the earth.
The Holy Church greatly desired it and worshipped its majesty.
Jerusalem which crucified Him has been laid waste.
Behold, Rome and Syria and Egypt worship it
because it delivered them from false worship.

Glory be to the Father and to the Son and to the Holy Spirit.

King Constantine looked in the sky
and saw a great wonder, the sign of the Cross.
And when he inquired into the vision, it was said to him:
By this sign of life you shall gain the victory.
He cast down the former images and destroyed the idols
and gave honour to the Cross alone.
Blessed is He who made the Cross a stronghold for us.

From age to age and for ever. Amen.

King Constantine saw the Cross and bowed his head.
He worshipped it saying: I acknowledge You,
my Lord and my God who have given me the Cross
to fight against the Evil One and overcome his devices.
By Your Cross the Church is redeemed,
By Your Cross her people obtain life.
May Your Cross be our protection by night and by day.

Supplication song Lord, be gracious to us and help us.

Son who by Your Cross deliver Your Church from untruth,
grant her Your peace and keep her children by the Cross of Light.

Peace who reconcile those in heaven and those on earth
give to Your Churches the joy of peace and unity
and keep their children by the Cross of Light.

The wood of the Cross went up from Jerusalem
and was honoured in all places through which it passed.
When King Constantine heard that the Cross had arrived
he took with him his army and went out to meet it.

There had come to him a letter from the Queen, his mother:
The Cross has arrived, rise and receive it in a holy manner.
He took with him the revered bishops and priests,
that he might honour and worship the Holy Cross with devotion.

He saw the Cross, bowed down in worship
and stretched forth his hands and lifted up his voice in praise :
I give thanks to You, Son of God, who have given the Cross to me,
that by it I may fight against the power of the enemy.

Glory to the Father who hid the Cross from the oppressors.
Adoration to the Son who revealed it to Constantine.
Thanksgiving to the Holy Spirit
who gave it to us through the hands of Queen Helen.
Beneath its arms keep us, Lord, from all harm.

By the mercy which made You show compassion
to the thief on the right hand, O Son of God,
have compassion on us also, and be gracious to the whole world.

Concluding Prayer

It is good to give thanks to the Lord...p. 41

Trisagion Holy are You, O God...p. 30

MEDITATION

SATURDAY

THE MYSTERY OF DEATH AND IMMORTALITY
THE CONSUMMATION OF ALL THINGS
CHRIST'S COMING IN GLORY
OUR EXPECTATION OF THE RESURRECTION OF THE BODIES

When the sound of the horn is heard in the heights
and the voice of the trumpet sounds,
the graves and the rocks shall be rent and the dead shall rise...

Renew, O Full of Mercy, Your creatures by the resurrection,
Your servants and Your worshippers who have slept in Your hope.

Night Vigil, Third Watch.

Evening Prayer on Saturday

Lamp-Lighting Hymn Joy–giving light...p. 27

Doxology Glory be to the Father...p. 27

Opening Prayer Grant us, Lord God...p. 27

Evening Psalms We call upon You, Lord...p. 27

Common Response for the Resurrection

Blessed are you, dead who ate the living body, and drank
the blood offered in sacrifice; it shall raise you
at the right hand side on the day of the resurrection.
I am the resurrection, I am the life, says Jesus.
He who believes in Me, even though he die, will live,
for I shall raise him up on the last day.

For the Evening

May our God have mercy upon us.

In the evening when the labourers complete their work
and the landowner gives them the day's wage.
complete in us the work of Your grace, O Lord,
and establish Your Kingdom in our midst.

May He bless us and show forth the light of His countenance upon us.

Blessed is Your evening which gathers us together.
Under Your Cross we seek for protection. Blessed
is Your right hand, Lord, where You place Your true disciples,
your right hand which weaves crowns for Your saints.

Glory be to the Father and to the Son and to the Holy Spirit.

In the evening service, at this time of prayer,
be with us, Lord, and show us Your love.
And when You set up Your seat of judgement
raise us up at Your right hand.

From age to age and for ever. Amen.

An evening, Lord, full of peace,
and a night of holiness and rest,
grant us, Christ our Saviour,
for You are peace, You are light, You are life eternal.

A Seed of the Word Faith – Realization – Immortality[22]

Moses said to the Lord, If I come to the people of Israel
and say to them: The God of your fathers has sent me to you,
and they ask me, What is His name, what shall I say to them?
The Lord said to Moses: I am who I am...
You must say to the sons of Israel: I AM has sent me to you.

He who comes to God must perceive Him as, HE IS,
Words and thoughts cannot reach Him
and He cannot be seen by the eye.
How can he then be perceived except by Him who says, HE IS?

In the faith of HE IS, His existence must be perceived.
He must be perceived in His essential nature.
When He is perceived as HE IS.
then shines forth the revelation of His true nature.

When all desires that cling to the heart are surrendered
then a mortal becomes immortal,
and even in this world he becomes one with God.
When all the ties that bind the heart are unloosed,
then a mortal becomes immortal. This is the sacred teaching.

For the Mother of God

He came forth from you in humility, the Most High,
who became little that He might raise up the fallen Adam.
He has magnified your memory here and above in heaven.
May your prayer be a stronghold to us.

Moses likened you to the bush, and David your father to the ark.
Jacob figured you by the ladder which he saw in Bethel.
It rested on the ground but its top reached to heaven.
Through you, too, Virgin Mother of God,
the race of the earthly Adam is raised up to heaven.

Death and the New Creation

Beloved, let us never be discouraged.
Even if this body, our physical being, is gradually decaying.
our spiritual being is renewed day after day.
And the small troubles we suffer now are short-lived,
they will bring us glory, tremendous and eternal.

Therefore let us not set our hearts on things that are seen,
but on the things that are unseen for when this tent we live in,
our body here on earth is torn down.
God will have a house for us to live in, not made by man,
a house He Himself has made, a house which lasts for ever.

And now we sigh, so great is our desire
that our house which comes from heaven should be put over us
so that what is mortal be transformed by life.
God Himself has made us for this purpose in Christ
and as a pledge of it He gives us His Spirit.

The love of Christ overwhelms us when we reflect
that He died for us all, and on account of this
we should no longer live for ourselves but for Him who died for us
and was raised to life for our sake.
If anyone is in Christ, he is a new creation.
The old life has gone, everything has become new.

For Repentance

To the sinful woman who anointed Your feet,
O Sea of Tenderness, You forgave all her sins and offences.
We who have sinned against You wretchedly,
like the publican we cry to You:
Have compassion on us and be gracious to all.

Jesus our King, who cast down the power of the Evil One.
our enemy, remove from us all temptations
and the passions which trouble our souls.
May our supplications enter into Your sight
and our prayer reconcile You with us.

For the Departed and the Resurrection

Bless the Lord, my soul.

Give rest, Christ our King, with all Your saints,
to the souls of Your servants in peace,
where death does not reign, nor suffering, nor sorrow,
but life everlasting in the light of Your glory.

May all my bones bless His holy name.

This world is nothing, neither its pleasures nor its powers.
They last no longer than the grass that withers in the sun.
God is the hope of the living and the life of the dead.
He is our refuge, His word endures for ever.

The death which the just taste
is not that death which is for ever.
Their bodies rest as it were in sleep
until the day of the resurrection,
they remain in the earth and shall rise to give praise.

This death is a sleep, my beloved.
As Paul the Apostle told us, Christ will shine upon us.
Let us pray and beseech our Lord,
that we may not taste that other death,
that which is called the second death.

Prayer for the Burning of Incense

Accept, Lord, in Your compassion...p. 29

A SERVICE FOR THE DEPARTED AND THE RESURRECTION

From Psalm 103

As a father has compassion on his children,
    halleluia, halleluia,
so has the Lord compassion on those who turn to Him.

For He knows of what we are made,
    halleluia, halleluia.
He remembers that we are dust.

Man's days are like grass,
    halleluia, halleluia.
He blossoms like the flower of the field.

A wind blows over them and they are no more,
halleluia, halleluia,
and their place is forgotten.

Glory be to the Father... From age to age...

Common Response

When the thunder of the resurrection will thunder
over the abyss of Sheol, Death will hear it and be dismayed,
and the forms which were wasting away will be renewed.
O You who are full of tenderness,
renew Your servants who have gone to their rest in Your hope.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise...to the Hope of the Living and Giver of Life to the dead who renews the flesh of His creatures and raises them from the depths of Sheol. To Him belongs glory, honour and adoration, at this time of évening...

We beg and beseech You, Lord God, that on the day of the resurrection when You shall dissolve the vast frame of the universe and shall gather together all the families and tribes and nations, at that dread hour, have pity, Lord, have pity, in Your compassion on the souls and bodies of the departed believers who were clothed in You by water and the Spirit and ate the bread of life and drank the life-giving chalice for the forgiveness of their sins. Receive them in peace and joy. Place them at Your table and give them the glorious vision of Your face, that we and they may stand at Your right hand and behold Your compassion. And we will offer praise and thanksgiving to You and to Your Father and to Your Holy Spirit, now and always and for ever. Amen.

Hymn

Abraham presented a sacrifice well pleasing to You, Lord,
and Noah offered burnt-offerings upon the altar.
May the dew of Your grace refresh Your servants,
for whom we offer this sacrifice of praise.

Abraham, Isaac and Jacob, O Lord,
spent their life as exiles in a foreign land,
but they were laid to rest in the land of promise
where they await the day of Your manifestation.

Glory be to the Father and to the Son and to the Holy Spirit.

Death exulted over the death of our father Adam
when his fair beauty was consumed by corruption.
But his Lord saw him and was much grieved for him.
He descended and redeemed him by His Cross
and restored him to his inheritance.

From age to age and for ever. Amen.

Be gracious to Your servants who have rested in Your hope.
They are laid in the earth like seeds for the resurrection.
Call them out of the darkness into Your wonderful light.
Give a place to Your servants in Your abode of light.

Supplication Song Lord, be gracious to us and help us.

Give rest to Your servants among the just, O Son of God.
In that Kingdom which does not end,
give them rest among the saints.

Glory to You who raise the dead from their graves
and on the day of the resurrection
clothe them with a robe of glory.

The generations succeed one another on the paths of this world.
All feel led to a premature end, following one another,
as a crowd on the crossing of a long bridge,
one pressing upon the other to reach the end.

Behold, all who enter this evil world suffer vexation,
and those who love it are not permitted to remain in it.
Like settlers and heirs men labour and prosper in it.
but like pilgrims and wayfarers they all depart from it.

In the days of their life people command like God.
But at the end they all die like other beings.
Yesterday they were proud rulers, exalted and powerful.
Today they are fallen, cast down and wretched, a prey to death.

Glory to the Father who at the beginning of time created them.
Adoration to the Son who in the middle of time redeemed them.
At the end of time when heaven and earth are brought to an end,
adoration and praise to the Father, the Son and the Holy Spirit.

Christ who prayed to the Father
that the cup of death might pass from You,
make to pass from us the cup of the second death.

Concluding Prayer

Lord Jesus Christ
do not close the door of Your mercy on our faces.
Lord, we confess that we are sinners, be gracious to all.

Your love made You descend from Your place to us.
Lord by whose death our death was ended,
be gracious to the whole world.

Trisagion Holy are You, O God...p. 30

MEDITATION

Night Vigil on Saturday

Glory be to the Father and to the Son and to the Holy Spirit.

And on us weak and sinful servants
mercy and compassion in both worlds for ever and ever. Amen

Trisagion Holy! Holy! Holy! Lord, p. 25

AWAKENING SERVICE

Opening Prayer Awaken us, Lord,...p. 31

Night Psalms Bless, Lord! Bless the Lord...

Response

To the honour and glory of Your graciousness
we have risen to sing to You.
Lord of all, to You the praise.

The angels on high cry to You:
Holy! Holy! Holy! and people on earth
hasten to worship Your Majesty.

In Your graciousness, Lord, magnify the memory
of Your Mother, the Virgin Mary who brought You forth.
And help us by her prayers.

In Your graciousness, Lord, magnify the memory
of the prophets, the apostles and the martyrs.
And help us by their prayers...

In Your graciousness, Lord, magnify the memory
of our fathers and renowned teachers of the faith.
And help us by their prayers.

In Your graciousness, Lord magnify the memory of the just,
all those who loved You and kept Your commandments.
And help us by their prayers.

In Your graciousness, Lord, pardon and forgive the offences
of our parents and kindred who have gone to their rest.
Do You, Lord, grant them repose.

Glory be to the Father... From age to age...

We present a new praise to Your graciousness,
and a song of thanksgiving to Your adorable and Holy Name.

FIRST WATCH FOR THE MOTHER OF GOD

Common Response

It was not one that the Father brought forth
and another that Mary brought forth.
Him whom the Father brought forth
the Virgin also brought forth.
His birth from the Father was spiritual.
His birth from the Virgin was in the flesh.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord Compassionate Lord, we praise...

Praise...to the Eternal Being who shone forth gloriously from the Joyous Light and was born in the flesh from the Virgin Mary whom those in heaven and those on earth praise. To Him belongs glory, honour and adoration, at this time of the Night Vigil...

We beseech you, O Holy Virgin, Mother of God the Word, that you will intercede for us with Christ who came forth from you, that He may bestow on us on this day of your remembrance the pardon of our offences, and give peace to the Churches and the monasteries. May He give health to the sick, true consolation to the sorrowing, plenty to the hungry, release to those in bondage and hope to the sad-hearted. To all those who have asked for prayers from our poor selves, may He send an angel of peace to visit them, by your intercession, O Pure Virgin. May He give rest to our departed who have slept in true faith and bring them to the dwelling of the blessed. And there, may we and they offer praise and thanksgiving to Him and to His hidden Father and to the life-giving Spirit, now and always and for ever. Amen.

Hymn

Like the fragrance of sweet incense, O Lord,
the memory of Your Mother gives You pleasure,
who brought You forth in virginity and purity and holiness.
Let memory be made of her, our Lord.
here in the Churches as above in heaven.

The chariot of the Winged Creatures which Ezekiel saw,
is not equal to you, O Holy Virgin.
It had faces and wheels and eyes all around, but you,
O Blessed One, you have a mouth which sings praise to God.

Glory be to the Father and to the Son and to the Holy Spirit.

Glory to the Father who chose you from the beginning, O Holy Virgin.
Thanksgiving to Jesus, His Son,
who was pleased to become flesh from you.
And to the Holy Spirit a shout of joy,
who made you His temple when He descended and dwelt in you.

From age to age and for ever. Amen.

Peace be with you, full of grace, said the Wakeful One to the Virgin,
the Lord is with you and shall come forth from you,
the Saviour of the whole creation,
the King whose kingdom shall have no end for ever and ever.

Supplication Song Lord, be gracious to us and help us.

May your prayer be with us, O Blessed One,
may your prayer always be with us.
may the Lord hear your prayers and be gracious to the whole world.

You who are full of graciousness,
pray and beseech Him who is all graciousness,
to be gracious to all who are in distress.

Come, you who have discernment, with faith and great love
let us honour the memory of the Blessed Virgin Mary,
with prolonged watching and unceasing prayer,
for a double reward is given to those who honour her.

Come, holy one, on the day of your remembrance
distribute gifts to this assembly
which seeks your prayer and intercession.
May the Lord be a rampart to our community which honours you,
and may He keep away from us all harm and evil.

May the Strong One who strengthened you,
strengthen our assembly in your praise.
And by your prayers may He summon us to the abode of light.
May the Lord count among the companies of the angels
the living and the dead who have honoured your commemoration
and have taken refuge in your prayers.

Glory to the Father who chose Mary from all generations.
Adoration to the Son who descended and dwelt in her pure womb.
Thanksgiving to the Spirit who purified her
and hallowed her and then rested upon her.
And on us, graciousness, by her prayers, at all times.

By the prayers of her who carried You for nine months,
Son of God, keep away from this world all evil and oppression.

MEDITATION

SECOND WATCH FOR THE SAINTS

Acclamations Blessed be the glory of the Lord...p. 32

Common Response

Blessed are you, holy ones,
who are called blessed in the Gospel of the Son.
Behold, your names are written in the Book of Life.
Blessed is He who honours you
and who shares in your commemorations.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord...Compassionate Lord, we praise...

Praise...to Him who crowns the martyrs and in whom the saints put their trust. to that great and glorious source of life which sprang from Golgotha, in the middle of the earth and made drunk the holy martyrs, so that in their trial and contest they conquered and overcame the Evil One and his powers. To Him belongs glory, honour and adoration. at this time of the Night Vigil...

We beseech you, prophets, apostles and martyrs, visit our weakness by your prayers and establish the world in peace and tranquillity. Grant healing to all those who suffer in body, soul or spirit. Renew the pattern of ecclesiastical law among us, that we may be true images of the Gospel, and let us be called and invited to your festivals. May the departed believers who took refuge in you in their life time come to dwell with you in heaven. And may we and they be worthy to sing praise with you, and offer thanksgiving to the Father, and to the Son and to the Holy Spirit, now and always and for ever. Amen.

Hymn

How lovely is your remembrance.
How fair and pleasant is the day of your festivals,
you who made the Cross a bridge to enter the land of life.
The Holy Spirit rejoiced over you,
and wove crowns for you and placed them on your heads.

How fair is the feast which Christ makes for His servants.
There are present the prophets and the apostles.
There are the holy martyrs and the Lord of the feast rejoices
in the memory of the just who are honoured and crowned.

Glory be to the Father and to the Son and to the Holy Spirit.

You are physicians, blessed martyrs, to him who believes.
Blessed is he who honours you and takes part in your festivals.
He shall be invited to your assembly
and with you he shall inherit life for ever.

From age to age and for ever. Amen.

The martyrs stand in the court of judgement crying out:
Let us not fear the judges of this passing world.
Let us rather die with faith and hope.
We have a king, Christ, who makes us inherit life for ever.

Supplication Song Lord, be gracious to us and help us.

Make us to share, Lord, in the memory of Your saints,
the prophets and seers and all those who sought You,
men of vision who committed themselves to You.

By the prayer of those who realized You
with their inmost self absorbed in You,
draw us and all things to Yourself, our Lord.

Who is My true devotee? says the Lord.
He who is beyond excitement and repulsion,
who complains not and lusts not for things,
who remains unmoved by good and evil fortune
and who has love, he is dear to Me.

I love the man who is even-minded to friend and foe,
whose heart is at peace in honour and disgrace,
in heat and cold, pleasure and pain,
who is free from the chain of attachments.

The man who remains the same in blame and in praise,
whose heart is quiet, who is happy with whatever he has,
whose home is not this world
and who has love, he is dear to Me.

But even dearer to Me is he who has faith and love,
and who has Me as his End Supreme,
he who hears My word of truth
and who comes to the waters of Everlasting Life[23]

By the prayer of those who realized You
and to whom You gave a sure hope of immortality,
draw us and all things to Yourself, our Lord.

MEDITATION

THIRD WATCH
FOR THE DEPARTED AND THE RESURRECTION

Acclamations Blessed be the glory of the Lord...P. 32

Common Response

Among the trees of Paradise sleep charmed me and I slept.
A wind breathed and the trees were stirred
and a sweet voice fell on my ears,
and I knew that my sins are forgiven.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise...to Him who by His death put an end to our death, and by His sacrifice made atonement for us and redeemed the children of Adam. To Him belongs glory, honour and adoration at this time of the Night Vigil...

We beg of You, Lord God, when those on the right hand are in triumph and those on the left are cast down, when the fire of Your judgement will divide humankind, shedding light on the just and burning the faithless, may the departed believers who were clothed in You in baptism and who received You as the provision for the journey to eternity go to meet You with faces unveiled. May they be given rest in the joy of eternal glory with Abraham, Isaac and Jacob. We beseech You, Lord, in Your graciousness be reconciled with them considering the sacrifices and prayers which are offered for them, and grant that we with them may meet You with bright lamps, like the wise and earnest virgins. And with them we will offer praise and thanksgiving to You and to Your Blessed Father and to the Holy Spirit, now and always and for ever. Amen.

Hymn

Remember us and do not forget us.

O Christ, do not disregard Your worshippers.
Do not turn away from us who take refuge in You.
Lead us in the way of life and make us worthy, Lord,
to sing praise to You by night and by day.

Do not turn away Your face from us.

O Christ, lover of penitents, who came to call sinners,
receive us all, penitents, who knock at the door of Your mercy.
Grant, Lord, that we may be truly penitent,
in thought and deed as well as in words.

Glory be to the Father and to the Son and to the Holy Spirit.

When the sound of the horn is heard in the heights,
and the voice of the trumpet sounds,
the graves and the rocks shall be rent and the dead shall rise.
At that dread hour be gracious to us, Lord,
and raise us up at Your right hand.

From age to age and for ever. Amen.

When You come to judge the whole creation, Lord,
and sit in glory with all the nations before You,
may we be given to take possession of the Kingdom.
At that dread hour, Lord, raise us up at Your right hand.

Supplication Song Lord, be gracious to us and help us.

Renew, O Full of Mercy, Your creatures by the resurrection,

Your servants and Your worshippers who have slept in Your hope.

O Lord, give rest and pardon to the dead,
who have slept in Your hope and await Your coming.

Give rest to those in the grave; O Heavenly King,
and multiply forgiveness for the departed believers.

At the side of Abraham, Isaac and Jacob, O Lord,
make to rest Your servants who have slept in Your hope.

Glory to Christ who calls the dead,
and they rise without corruption and sing praise.

Body, soul and spirit will awake and cry together:
Blessed is He who has come and will come to raise the dead.

The sanctuary lamps are lighted now and the curtain is drawn aside to celebrate the coming of the Day.

FOURTH WATCH

Service of the Communion of Saints Halleluia, halleluia...P 33

Cosmic Praise Praise the Lord from the heavens...P. 35

Supplication Song Lord, be gracious to us and help us.

Our Lord, be gracious to us,
by the prayer of Your Mother and of Your saints.

By the prayer of Your Mother and of Your saints,
pardon us and be gracious to the whole world.

The Virgin Mary brought forth in the flesh, in purity,
the Son divinely born of the Father, spiritually.
He dwelt in her womb secretly but came forth openly.
Behold, her memory is honoured magnificently, unceasingly.

You martyrs who endured valiantly all sufferings, heroically,
and were crowned munificently, rightly and becomingly,
pray unceasingly and beseech God passionately,
that He may be gracious magnanimously, to all of us commonly.

Call with Your voice, Lord, imperiously. They shall rise swiftly,
those who ate Your body in purity and drank Your blood reverently.
When You come suddenly, to pass judgement uprightly,
make them to enter with You promptly the abode of light, joyfully.

Glory to the Father, essentially, who chose Mary in purity.
Adoration to the Son, everlastingly, who strengthened the martyrs mightily.
Thanksgiving to the Spirit, infinitely, who makes us to rise again truly.
And on us graciousness, bountifully, at all times, unceasingly.

Concluding Prayer

Lord Jesus Christ,
do not close the door of Your mercy on our faces.
Lord, we confess that we are sinners, be gracious to all.

Your love made You descend from Your place to us.
Lord by whose death our death was ended,
be gracious to the whole world.

Trisagion Holy are You, O God...P 30

MEDITATION

Morning Prayer on Saturday

Invocation In the name of the Father...P. 25

Trisagion Holy! Holy! Holy! Lord,...P. 25

Doxology Glory be to the Father...P. 26

Opening Prayer Creator of the morning...P. 38

Morning Psalms 51 & 63 Be gracious to us,...P. 38

Response

Do not enter into judgement with Your servants, Lord,
to whom You have given Your body and blood as a pledge.

Grant us and make us worthy to hear that voice:
Come, enter, you blessed of My Father, inherit the Kingdom.

May the memory of Mary be a blessing to us,
and may her prayer be our stronghold.

Behold, a sweet scent breathes upon the air
for the Virgin Mary, Mother of God.

Prophets, apostles and holy martyrs,
beseech and beg for mercy for us all.

Blessed are the prophets, blessed are the apostles,
blessed are the martyrs, on the day of the resurrection.

The martyrs who desired to see Christ,
obtained wings by the sword and flew to the heights.

Be gracious to us, Just Judge.
Forgive us our offences in the abundance of Your grace...

When there is no comforter or friend to deliver, Lord,
be to us an advocate, because we take refuge in You.

Give rest and pardon, Lord, to our departed
who rest in Your hope and await Your coming.

Glory be to the Father... From age to age...

Glory to Him who magnifies the memory of His Mother,
and glorifies His saints and raises the dead.

Psalm 113 Praise, you servants of the Lord... P. 40

A Seed of the Word God is Joy

Absorbed in *tapas* and spiritual prayer,
he saw that God is joy.
From joy all beings have come.
By joy they all live,
and unto joy they all return.[24]

Hymn for the Lord's Morning

The servants who did the will of the Lord.

In the morning the labourers of the Lord,
those who have worked in His vineyard,
will ask for their wages and say to him:
Give us our wages, who have laboured from morning to evening
He will say to them: I will give you what I promised you,
and I will add yet more,
I will give you an open face at the resurrection.

Come, let us bow down and worship Him.

When the morning of the Lord has come
it will bring blessings to him who is worthy of it,
to all who need sleep but whose tongue sings praise.
The Wakeful One who does not sleep will give them
the reward of their labours: the marriage chamber
and the Kingdom and the new life which does not pass away.

Glory be to the Father and to the Son and to the Holy Spirit.

Glory to the Son, the Firstborn,
who descended to Sheol and conquered death.
Adam saw Him and was comforted and bowed his head.
He worshipped before Him and said to Him:
Forgive me my fault and let me go from here, Lord.
Restore me and my children to the Paradise
from which I had to depart.

From age to age and for ever. Amen.

In the morning let us worship with the Wakeful Ones
and exult in spirit with the angels
and be united in this service with the prophets and apostles.
May the martyrs, the lovers of Christ,
offer prayer for us, that peace and tranquillity
may abound for the earth and its inhabitants.

For the Mother of God

The Spirit of Fire rent the flames and trod upon the coals
amid the wheels of the chariot and cleft the air,
when he descended and came to Nazareth, to Mary.
Peace be with you, he said to her, our Lord is with you.
Blessed One, the fruit of your womb
shall bring to an end the shame of the house of Adam.

Who has seen the two vines planted in the field of the Lord,
from whose clusters the whole creation is refreshed?
The two vines are Mary and Elizabeth,
the clusters are Christ and John,
the Holy Bridegroom of the Church
and the friend of the Bridegroom of the holy Church.

The rock which brought forth streams in the desert
is a beautiful figure of you, Holy Virgin.
From you came forth in the creation
that had fallen under the tyranny of sin and death
the Son of God in whom is life, the life and light of all men.
Whoever believes in Him has eternal life.

Concerning you, O Virgin full of all beauty,
David the King prophesied:
the Daughter of the King stood in glory and holiness
and the King desired her beauty.
He descended and dwelt in her womb.

For the Saints

On that rock of the house of Simon, the head of the apostles,
I am built and I am not afraid, the Church answered and said:

The waves and tempests beat against me but do not shake me,
because of the Lord's promise to them:
Be assured, I am with you always, to the end of the age.

Wherever there are fountains and streams
shepherds resort and come to give drink to their flocks.
Wherever the bones of the just and righteous are
there all who are afflicted, all the sick
are gathered to be cured or receive help.

Come, let us take refuge in the apostles
who were pleasing to Christ by their afflictions,
and from Him received the Holy Spirit
and the keys of the heights and the depths.
Blessed is He who magnified them on earth.
Behold, their memory is celebrated in the whole creation.

The martyrs saw Christ hanging on the Cross,
His side pierced with a spear
and blood and water flowing from it.
They hastened to encourage one another:
Come, let us die for the sake of our Lord, as He died for us.

For Repentance

Behold, repentance calls you, O sinner.
Rise and go with her in joy,
Take refuge beneath her wings.
Do not promise day by day, I will repent,
lest today or tomorrow death should come upon you.

Open to me the door of your compassion, cried the penitent son.
I have sinned against heaven and in Your sight, Father,
and I am not worthy to be called Your son.
Receive me as a hired servant that I may be in Your house
and forgive me my fault, for You are a merciful God.

Our times are like ourselves, they reflect us:
the rich love avarice and the poor tell lies,
And like a serpent which devours his fellow.
men devour one another.
They do not place the judgement of God before their eyes.

When we are sick we mourn,
but when our sickness is cured, we forget the Physician.
No man lays it to heart that his end stands at the door.
O God who formed Adam, do not take away Your hand from us
to whom You give Your flesh to eat and Your blood to drink.

For the Resurrection

Our Lord came to Bethany to visit His friend,
but He found him laid four days in the grave.
Then He cried with a loud voice: Lazarus, come out.
He raised him up and said to him:
I am the Son of God who make to die and make to live.

Blessed is He who made firm our hope of rising again.
The blessed Paul is witness. He Himself refutes the doubter.
He says: You, foolish man, the seed which you sow,
does not germinate unless it dies.
Thus he showed that the race of Adam shall rise in glory.

Blessed is the Rain of Life which descended
and shed the resurrection on those who slept in Sheol.
He cried with a loud voice in the place of Death,
the Great Devourer, and its high walls were cast down.
He laid waste its palaces and treasures
and gave witness that the race of Adam shall rise in glory.

All those who slept in Christ, wake while they sleep,
the prophets, the apostles and the martyrs
with the just and righteous who lived for God.
The bones of the prophet Elisha bear witness
which after he had slept restored the dead to life.

Prayer for the Burning of Incense

By this incense which we present...P. 41

A SERVICE FOR THE RESURRECTION

From Psalm 131

Your priests shall be clothed with holiness and Your saints with glory,
halleluia, halleluia.

On account of David Your servant
do not turn away Your face from Your Anointed.

The Lord swore to David, in truth I will not turn away from him,
halleluia, halleluia.
Of the fruit of your body I will set upon your throne.

If your children keep My covenant,
halleluia, halleluia,
and My laws that I have taught them.

Their children shall sit upon your throne for ever.
halleluia, halleluia,
because the Lord is pleased with Jerusalem
and has chosen it for a house to dwell in.

Common Response

The feet, which have stood in the holy place
in purity and holiness,
shall tread the gates of Paradise
and dwell with the angels.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord...Compassionate Lord, we praise...

Praise...to the High Priest and Distributor of all gifts who raises us up from the dunghill to his throne and gives us authority over His treasure-house. To Him belongs glory, honour and adoration, at this time of morning...

We beg of You, Lord God, our Lord Jesus Christ, we who are Your servants, on behalf of our brothers who as revered priests and sincere deacons ministered before You in holiness and righteousness, do not enter in judgement with them. Lord, do not give the feet which trod the steps of Your holy altars, to tread upon coals of fire. Do not, Lord, silence the lips and tongues which sang spiritual songs to You, so that they become closed and stopped. Do not, Lord, darken the eyes which were fixed upon Your holy books. Do not,

Lord, permit the hands which carried your sacred and holy mysteries to shrink from the coals of fire. Rather, Lord, hear our poor prayers for them and forgive all the sins which we or they have committed, because You are good and rich in gifts and abounding in graces, Lord. And we will offer thanksgiving to You, now and always and forever. Amen.

Hymn for the Creation, the Fall and Salvation

God created Adam and sat and contemplated him.
He saw how fair he was,
how like the creature was to his Creator.
The earthly one came and walked among the trees of Paradise.
And the angels wondered at him, seeing how he was exalted.

The heavenly ones wept for Adam when he went forth from Paradise.
As he bowed his head and wept,
the trees bowed their heads and the Fiery Ones shook their wings
and they began to say to one another: How has the exalted one fallen?
Because he transgressed the commandment of his Lord.

Glory be to the Father and to the Son and to the Holy Spirit.

When the priesthood was handed down
Moses and Aaron received it together.
Moses gave it to Zechariah, Zechariah gave it to John,
John gave it to our Lord, and our Lord gave it to the apostles.
The apostles gave it to the four quarters of the earth.

From age to age and for ever. Amen.

Our Lord called Adam: Adam!
why do you sleep in Sheol? Rise!
Adam heard the voice of the Son and began to say:
How sweet is this voice! How pleasant its sound!
This voice is like that which called me among the trees.

Supplication Song Lord, be gracious to us and help us.

Give rest to our departed among the just, Son of God,
in that kingdom which has no end, among the saints.

Glory to you, who raise the dead from their graves,
and clothe them with a robe of glory
on the day of the resurrection.

Christ the Bridegroom, call your servants from desolation,
Awaken the believers departed who put their trust in You
rather than seeking their pleasure in passing joys.
Reward them with good things,
remembering the sufferings they endured for Your love.

The earth, their mother, was a bed for their limbs,
their bodies they offered as a living sacrifice.
They were unceasing in your praise, by night and by day,
grant them to stand in joy at your right hand.

They lived as strangers in a world of pleasure.
Refresh them now in the marriage-chamber of light full of joy.
The fair crown of youth they gave up and put away
to set their hearts firm against pleasure for the love of You.

Glory to the Father of whom you were good labourers.
Adoration to the Son for whose love you renounced the world.
Thanksgiving to the Spirit to whom you ministered with your songs.
Blessed is He who renews the beloved images of your faces.

Let them not hear the word that cuts off hope,
those who believed in you, Lord.
Acknowledge us also and be gracious to the whole world.

Concluding Prayer

It is good to give thanks to the Lord . . . P. 41

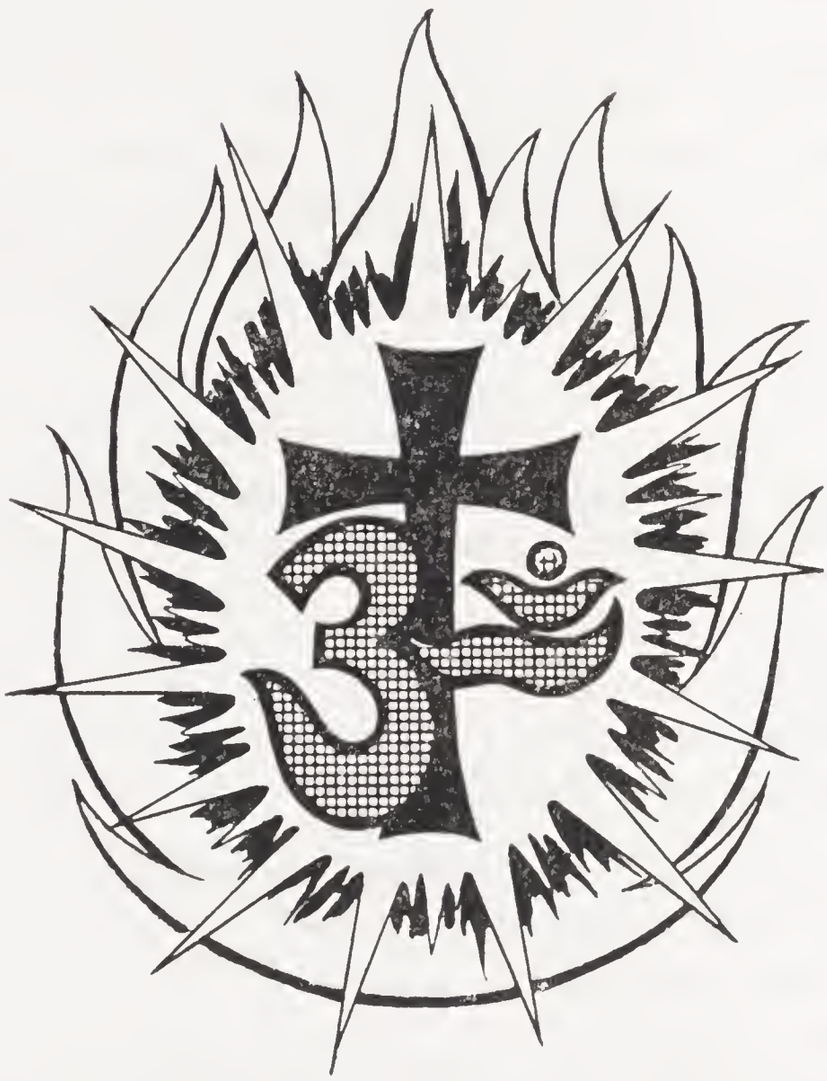
Trisagion Holy are You, O God . . . P. 30

MEDITATION

SUNDAY
THE GREAT SUNDAY OF THE RESURRECTION

Truly this is a festal and holy day
This day, Sunday, the Feast of our Lord,
the greatest of all feasts,
the mystical solemnity above all solemnities.
On it we offer praise to Christ for ever and ever.

On Sunday is fulfilled all what the prophets had written.
The Lord awakes, as from sleep.
He rises from the tomb with great power.
He rejoices Adam and his children
and gladdens his disciples and all those who are dejected,
for by his resurrection there is life for all, for ever and ever.



The Prayer of the Churches seen as the fulfilment of the three Covenants between God and man: the Cosmic Covenant, AUM, the Mosaic Covenant; the Burning Bush; and the New Covenant, the Cross.

The Veda and the Upanishads call AUM; **pranava,** the mystical syllable made to resound into praise; '**Pranava** means that by which God is fittingly praised.'

The Great Sunday of the Resurrection
Evening Prayer

Lamp-Lighting Hymn Joy-giving light ... p. 27

Doxology Glory be to the Father . . . p. 27

Opening Prayer Grant us, Lord God,
that with the heavenly powers
we may exalt this day of Your Resurrection on the third day,
in purity and holiness,
that we may shine before You in virtuous conduct
and offer unceasing praise,
to You and to Your Father and to the Holy Spirit
now and always and for ever. Amen.

Psalm 51[25]

Be gracious to us, O God, because of Your goodness.
Because of Your infinite graciousness blot out our sins.

Again and again wash us of our guilt.
Make us clean of our sins.
We acknowledge our faults.
We are always aware of our sins.

We have sinned against You, against You truly.
We have done what is evil in Your sight.
Your judgements are right.
Your sentence is justified.
We have been evil from the time we were born.
From the time of our birth we have been in sin.

But You take Your delight in the truth.
Make then known to us the secrets of Your wisdom.
Sprinkle us with Your hyssop and we shall be clean.
Wash us and we shall be whiter than snow.

Fill us with joy and gladness
and our bones which are crushed shall rejoice.
Turn away Your face from our sins
and wipe out all our faults.

Create in us a pure heart, O God,
and renew Your good spirit within us.
Do not cast us away from Your presence
nor deprive us of Your Holy Spirit.

Restore to us the joy of Your salvation
and strengthen us with Your Glorious Spirit,
that we may show the wicked Your way
and sinners may return to You.

Spare our life, O God, God of our salvation,
and our tongues shall praise Your righteousness.
Lord, open our lips and our mouths shall sing Your praises.

You do not take pleasure in sacrifices.
You are not appeased by burnt-offerings.
The sacrifice that pleases You is a humble spirit.
A broken heart, O God, You will not spurn.

In your goodness deal well with Your people
and rebuild the walls of Jerusalem.
Then You will be well pleased
with fair sacrifices, whole burnt offerings...

Glory be to the Father... From age to age...

Response

The angel of light full of joy rolls the stone from the tomb
and announces news of great joy to the women disciples:
He is risen from the tomb, He, the Immortal.

The angel says to the women disciples who were carrying spices:
Why do you seek the Living One among the dead?
He is risen from the grave, He, the Immortal.

Praise for Your boundless love
and for Your goodness, O our Saviour.
Lord, Lord of all be gracious to the whole world.

Righteous One, Innocent One,
out of love for us You endured the Passion and the Cross.
Lord, Lord of all, be gracious to the whole world.

You were laid in the tomb like one dead
and the stone was sealed by the guards.
Lord, Lord of all, be gracious to the whole world.

With great wonder You rose, O Christ our King,
and You rejoiced the creation.
Lord, Lord of all, be gracious to the whole world.

Adoration, praise and exaltation to You,
Father, Son and Holy Spirit.
Lord, Lord of all, be gracious to the whole world.

Evening Psalms 141, 142, 119:105–112, 117.

We call upon You, Lord, hear us.
Give heed to our words and answer us.

Let our prayer be like incense in Your sight
and the raising of our hands like the evening oblation.
Lord, set a guard before our mouths,
keep watch at the door of our lips,
that our hearts may not turn to evil words
and we may not indulge in deeds of wickedness.

We will not sit at the table of the wicked.
Let the just man teach us, let him reprove us,
but the oil of the wicked shall not anoint our heads.
Our prayer is against their evil doing...

We lift up our eyes to You, Lord.
We put our trust in You, do not reject us.
Keep us from the hand of the proud
who have laid snares for us...

With all our voice we cry to You, Lord.
With all our voice we make supplication.
We pour out our affliction before You,
we lay bare our brokenness.
Our spirit is in the dark, but You know our paths.

On the way we have to walk
they have hidden snares for us.
We look to the right and see no one who knows us.
There is no way and there is not one who cares for us.
We cry out to You, Lord, and we say: You are our refuge.
You are our portion in the land of the living.

Hear our supplication, we are in distress.
Deliver us from our persecutors,
they are too strong for us.
Lead us forth from prison that we may praise Your name.
Your just ones are waiting for us
until You give us Your reward.

Your word is a lamp to our feet
and a light upon our path.
We have sworn and have determined
to keep Your holy decrees.
We are greatly brought low, Lord.
Give us life according to Your word.
Be pleased, Lord, with the words of our lips
and teach us Your decrees.

Our lives are always in Your hands,
we do not forget Your law.
The wicked have set traps for us,
but we do not stray from Your commands.
We treasure up Your testimonies.
Truly they are the joy of our hearts.
Incline our hearts to keep Your commands, for ever, in truth.

Praise the Lord, all You nations,
Praise Him, all you peoples.
Great is His goodness for us.
Truly, the Lord's goodness is for ever.

To You belongs the praise, O God, Halleluia.

Glory be to the Father... From age to age...

Response

The holy women set out for the tomb of our Saviour
on the evening of the Sabbath, and they are told that Christ has risen.
Come, let us bow down and adore Him.

Simon and John ran with joy to the tomb of our Saviour,
and they gave praise because Christ had risen.
Come, let us bow down and adore Him.

You peoples, sing praise to the Son of God who
by His glorious resurrection from the tomb has brought us salvation.
Come, let us bow down and adore Him.

On the great day when the trumpet shall sound on high,
and the dead shall rise from their graves, have compassion on us
and make us stand at Your right hand.

Glory be to the Father... From age to age...

We give glory to the Father.
And offer our adorations to the Son.
And we give thanks to the Holy Spirit.
One true God.
Come, let us bow down and adore Him.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise... to that High Power who is the strong arm of His Father, who by His glorious resurrection has renewed the creation, and by the joy of His new life has changed our sorrow into gladness. Him we beg and beseech that He may make us worthy of His forgiveness, and come and make His dwelling in us, at this time of evening...

Who would be worthy to praise You, Lord, on this glorious and holy feast, the Great Sunday of Your Resurrection from the dead? Yet according to the psalms of David the priest, we write and say: This is the day which the Lord has made, come let us exult and rejoice in it. This is the day which has not its like before, and afterwards there shall be none to resemble it. This is the great feast, the crown and glory of all other festivals. On this loved day our minds leap and our hearts exult, and with great joy we cry and say: Come in peace, New Day, You who by Your power have brought to nothing the ancient night. Come in peace, Firstborn by which the days of the two worlds are adorned with beauty. Come in peace, Flower of the Resurrection by which Death which destroyed Adam, has been abolished and put to death. Come in peace, Holy Sunday of the Resurrection, which encourages the sad and gives strength to the weak. Come in peace, Sunday of the Resurrection, which gives joy to the sorrowful and gathers together those who were scattered. Come in peace, Bright Morning which no setting shall veil, New Day which has no evening. Today You put an end to suffering and make the beings of earth like the creatures of heaven. Yesterday the Shepherd was struck and the sheep were scattered and today they gather together with joy and exultation... Today the angels hasten to the tomb, roll away the stone and sit upon it. Today the throne of Death is overthrown and her crown is taken away. Today with Paul, the divine teacher we cry and say: Yesterday I was crucified with Christ, that today I may be glorified with Him. I have been laid in the grave with Him, that today I may rise with Him. We had need that God should die in the flesh

that we might die with Him, that we might be buried with Him, that we mght rise with Him. And we will praise Him with His Father and His Holy Spirit, now and always and for ever. Amen.

A Seed of the Word Creation and Sacrifice

He—the One—longed to sacrifice with a greater sacrifice.
He wore Himself out, performing fierce penances,
and from Him worn out and consumed by fierce penances,
glory and strength issued forth.

Glory and strength are vital breaths.
As the vital breaths issued forth,
the body expanded and the mind was in His body.
He longed to become fit for sacrifice,
and that thereby the body might have a self...[26]

Tapas is the glow of concentartion, of mental energy.
Through *tapas* is all creation effected.
The ardour of the mind, restrained and concentrated
has power over things.

As pure metal has to pass through fierce fires,
we cannot be made anew unless we first become ashes.
God strips us of everything that we possess
that we may draw near to Him.[27]

Prayer for the Burning of Incense

You, Lord, are the Sweet Scent
which the dead breathed as they lay in the dust
and came forth to meet You with praise.
You are the Offspring of Eternity,
who descended newly into Sheol and gave light
to all those who were shut up in the dark abyss of death.
You are the Dew of Life which was sprinkled
on the bones of the dead and they obtained life incorruptible.

We beseech You, Lord,
by the fragrance of this incense
which we offer in Your presence
that You will pardon Your Church by it
and make a good memory of the departed believers
who have rested in Your hope,
our Lord and our God, for ever.

Hymn

On Sunday the angels descend from the heights
and surround the holy tomb where was laid the Lord of all.
They say to the women disciples come to embalm His body,
He is not here, He is risen with glory, without corruption.
Go, tell His apostles that He goes before them into Galilee.

Heaven and earth clap their hands with joy,
the Church and her people are glad.
They make a joyful noise with songs of praise:
God is risen with glory from the tomb.
He captures Adam in captivity
who had been led away by Death and Satan,
And He makes us glad, we the prisoners,
with the great hope of the resurrection.

Glory be to the Father and to the Son and to the Holy Spirit.

Heaven and earth rejoice today and all that they contain.
Christ who has hung on the Cross in the middle of the earth,
God, is risen with glory coming forth from the tomb.
He gives joy to those in heaven and those on earth
on the day of the resurrection, and delivers Adam and his children
from the hands of proud Death.

From age to age and for ever. Amen.

The world to its utmost bounds rejoices
for the Son of the King has risen,
coming forth from the tomb with glory.
He delivers Adam and his children from the hand of sin and Death
and promises to the holy Church: You shall be where I am.
He raises her to the heights
and sets her at the right hand of Him who sent Him.

May the dew of life sent from the Father
and sprinkled on the young men in the furnace of Babylon,
be shed upon the dead in the gloomy dwelling places of Sheol.
And may He pardon the transgressions of His servants,
those who rest in His hope, that they may inherit the Kingdom
which does not pass away and will not be destroyed.

Supplication Song Lord, be gracious to us and help us.

Son who by Your resurrection save Your Church from untruth
give her Your peace and protect her people by the Cross of light.

Peace who reconcile those in heaven and those on earth,
give to Your Churches the joy of peace and unity
and protect their people by the Cross of light.

The resurrection has shone forth
when the command has been given to the angels
to prepare the way and to descend to earth, clothed in white.
For the Bridegroom who was slain
calls His friends from their place
and they see his tomb, the new marriage chamber.

The guards are struck with fear by the trembling of the earth.
The angel approaches and rolls away the stone to show them
that He has truly gone forth, while the tomb was still sealed.
The women come with spices to embalm His body.
They find the tomb open and empty and the angel who says:
Go, tell the disciples that He goes before them into Galilee.

The hours which the night had stolen from the day,
when at noon the creation was covered with darkness,
she gives back when the light shines in the middle of the night.
When Christ died in the middle of the day, night reigned.
When He rises again in the night, the day appears.

Glory to the Father who raised up His Son with great power.
Adoration to the Son who rose with glory from the tomb.
Thanksgiving to the Spirit whose glory
is celebrated in the house of the dead.
O Trinity, from all mouths, to You be praise.

PROCLAMATION OF THE GOSPEL

Halleluia, halleluia, halleluia.
Let the heavens rejoice and the earth be glad.
Halleluia, halleluia, halleluia.
This is the Resurrection of Christ the King,
the Son of the Living God.
Halleluia, halleluia, halleluia.

Acclamations of the Congregation in response to the Announcements of the Deacon and the Priest.

Deacon In silence and awe and reverence, let us listen to the proclamation of the Living Word of God which is read to us from the Holy Gospel of our Lord Jesus Christ.

Priest Peace be with you all!

People May the Lord God make us worthy of it !

Priest The Holy Gospel of our Lord Jesus Christ, the message of life according to the Apostle Matthew,
or the Apostle John,
or the Evangelist Mark,
or the Evangelist Luke,
proclaiming life and salvation to the world.

People Blessed is He who has come and is to come in the name of the Lord. Glory to the Father who sent Him for our salvation. Adoration to the Spirit who leads us to the fullness of truth.

Priest In the time of the Annunciation . . . *or* Nativity . . . *or* Baptism . . . *or* Fast . . . *or* Resurrection . . . of our Lord God and Saviour, Jesus Christ, the Word of life who was God and took flesh of the Holy Virgin Mary, these things came to pass.

People We believe and confess it.

Gospel *A Gospel of the Resurrection as here below, or the Gospel of the particular Sunday of the year:*

Mt. 28: 1–10 After the Sabbath, toward the dawn of the first day of the week . . .

Mk. 16: 1–8 When the Sabbath was past, Mary Magdalene . . .

Lk. 24: 1–12 On the first day of the week at early dawn . . .

Jn. 20: 1–18 On the first day of the week, Mary Magdalene came to the tomb early . . .

After completing the reading, the Priest says:
Peace be with you all. *And he kisses the Book.*

Intercessions As we offer prayers to the Lord, let us give heed to the intercessions and answer all together with joy and gladness: Hear us, Lord, and be gracious to the whole world.

Christ our God who in the proclamation of the Gospel renew unceasingly the dialogue between God and humankind which began at the creation and was resumed with power at Your resurrection, grant us to experience its liberating power in our daily life, we beseech You:

Hear us, Lord, and be gracious to the whole world.

Christ our God, who at Your resurrection from the dead on the eighth day, the beginning of the new time, became the Firstborn of the new creation, gather all peoples and nations in one community, ever rejoicing and celebrating Your victory over death and sin, we beseech You:

Hear us, Lord, and be gracious to the whole world.

Christ our God, who by Your death bound the strong one who had bound us, Satan, and by Your resurrection laid aside with Your garments the weakness of the race of Adam, clothe us in the garment of divinity, we beseech You:

Hear us, Lord, and be gracious to the whole world.

Christ our God, we pray for the fathers in the faith who minister to us with love, our holy father N...pope of Rome and head of the Catholic Church, our father N... our metropolitan archbishop and N...our bishop, and the bishops and clergy and people all over the world we beseech You:

Hear us, Lord, and be gracious to the whole world.

Christ our God, we pray for the peace and serenity of all ashrams and monasteries and their services to the people, for the strengthening of universal brotherhood among all nations beyond distinctions of race, caste and belief, we beseech You:

Hear us, Lord, and be gracious to the whole world.

Christ our God, we pray that justice with love may reign all over the world, and harmony be restored among all nations and preserved in this, our country of India and in the whole creation, we beseech You:

Hear us, Lord, and be gracious to the whole world.

Concluding Prayer

Christ who when You conquered death opened to us the gates of life, as we celebrate Your Resurrection, raise us up with You from the death of sin, that we may enter with You in Your inheritance, in the light of the new life, we beseech You and we will cry three times:

Lord, have mercy. Lord, have mercy. Lord have mercy.

Trisagion Holy are You, O God...p. 30

MEDITATION

Night Vigil on Sunday

Glory be to the Father and to the Son and to the Holy Spirit.

And on us weak and sinful servants
mercy and compassion in both worlds for ever and ever. Amen.

Trisagion Holy! Holy! Holy! Lord,...p. 25

AWAKENING SERVICE

Opening Prayer

Awaken us, Lord, from our sleep in the sloth of sin
that we may praise Your wakefulness,
O Wakeful One who do not sleep.
Give life to our death in the sleep of death and curruption,
that we may adore Your compassion,
Living one who do not die.
And make us worthy to praise You and bless You in holiness.
with the glorious companies of the angels on high
that You may be praised and blessed on earth as in heaven.
Father, Son and Holy Spirit,
now and always and for ever. Amen.

Night Psalms 134, 119: 169–176, 117

Bless, Lord! Bless the Lord, all you who serve the Lord.

Bless, Lord! You who stand in the house of the Lord
through the watches of the night.

Lift up your hands towards the sanctuary
and bless the Lord.

May the Lord bless you from His Holy Mountain,
He who made heaven and earth.

Lord, let our praise enter into Your presence
and give us life by Your word.
Let our supplication enter into Your sight, Lord,
and set us free by Your word,

May our lips pour forth Your word
on account of the holiness of all Your commands.

May our tongues repeat Your praise
because You taught us Your commands.
Let Your hand come to our help
because we take our delight in Your law.

We long for Your salvation
and we meditate on Your law.
Let us live that we may praise You
and Your decrees will give us help.

We have gone astray like the lost sheep,
come in search of Your servants
for we have not forgotten all Your commands.

Praise the Lord, all you nations.
Praise Him, all you peoples.
Great is His goodness for us.
Truly, the Lord's goodness is for ever.

To You belongs the praise, O God. Halleluia

Glory be to the Father... From age to age...

Response

With the Winged Creatures we bless You, with the Fiery Ones
we hallow Your name, O Lover of humankind,
With the angels we bow to You and we adore You,
Glory to You, Creator of all creatures.

The holy women set out with spices to embalm the body of the Son,
and the angel of light filled them with hope, saying:
Our Lord is risen with great glory from the grave.

The Firstborn from the Father becomes the Firstborn from the dead.
He slays Death and ascends and sits at the right hand of His Father,
Behold, angels and mortal ones offer praise to Him.

Do not mourn, said the Wakeful One to Mary, as he greeted her.
No man has stolen away God mighty for evermore,
He is risen in glory. And, behold, He sits at the right hand.

On Sunday, Mary went to the tomb which gives life to the dead
and saw that the stone had been taken from the door.
And an angel announced to her the Resurrection.

FIRST WATCH

Psalm 97

The Lord is King, let the earth rejoice,
let the many islands be glad.
Cloud and thick darkness surround Him.
Righteousness and judgement are the foundations of His throne.

Fire goes before Him and consumes His enemies.
His lightnings light up the world,
The earth trembles at the sight.
The mountains melt like wax before the Lord, the Lord of all the earth.
The heavens declare His righteousness
and all the peoples see His glory.

Let all those who worship idols be put to shame,
those who boast in their graven images.
But you, His angels, worship Him.
Jerusalem hears and is glad.
The people of Judah exult
because of Your judgements, O Lord,
because You are Most High above all the earth
and far above the gods.

The Lord loves those who hate evil.
He protects the lives of His devotees,
and sets them free from the hands of the wicked.
The light shines forth for the just
and joy for the upright of heart.
The just rejoice in the Lord
and give glory to His holy name.

Glory be to the Father... From age to age...

Response

Come, all you peoples, let us praise the Son of God
who by His passion and crucifixion killed the Killer
and rose from the house of the dead.
Behold, all nations, tribes and races sing glory to Him.

How great and glorious is the day
on which the Lord has risen with glory
and by His resurrection rejoices and gladdens
heaven and earth and all that is in them.
See, the heavenly ones and the earthly ones offer glory to Him.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord...Compassionate Lord, we praise...

Praise...to the One Holy Father, the One Holy Son, the One Holy Spirit. To Him who is One in Three belongs adoration, worship and subjection from all creatures in heaven and on earth, and praise from all tongues on the Day of the Resurrection of the Son, at this time of the night vigil...

We adore and confess Your Being, O our God, who made us in Your image. We exalt You, Only Son, who by Your glorious death reconciled us. We believe in You, Vivifying Fruit of the Hidden Father, who by Your life-giving death bestowed on us immortality. You, the Light Incomprehensible, were buried in a human burial. By Your resurrection You saved those who were lying in the dust. You made them to rise and You led them to life. The day before yesterday, a king, You were crucified and sunk in sufferings, today You are triumphant in the victory of Your Glorious Resurrection. The day before yesterday, Your side was pierced with a spear, today from Your side flows baptism for the forgiveness of sins...Today angels in white garments encircle the holy sepulchre. Today the women weep with joy when they announce to the disciples the good news of the resurrection. Today Simon and John enter the sepulchre of the Son, their Master and Lord, and do not find there anything except the shroud and the cloth for His head on one side... Today Adam, the head of our race, adores and praises You because by the resurrection of his Lord from the grave, he earns a new life and returns to His heavenly inheritance.

Therefore we beseech You, Christ our God, by Your grace and love, look on Your image, which we are, but which is worn out by sin, and let it be renewed. Let this image, which we are,

be fashioned by You, Skilful Maker, and we will praise the bountiful sea of Your compassion, Lord of the two worlds, now and always and for ever. Amen.

Hymn

Lord our Lord, on the blessed day of Your resurrection,
Your Church stands in prayer asking You with supplication
to show Your love to her children
who feel like lambs in the midst of wolves seeking to devour them.
Gentle One, the Church raises her eyes and sees Your salvation.

Lord our Lord, the Church whom You saved by Your blood
rejoices in Your Saving Resurrection and takes pride in You,
and raising her head towards Your Cross she finds refuge in it.
The Cross is for her a wall of protection
against the snares of the Evil One
and against the hatred of those who associate with him.

Glory be to the Father and to the Son and to the Holy Spirit.

On Sunday which is the head of days,
the eighth day and the end of time,
we sing praise to the Firstborn
who has neither beginning nor end.
Glory to Him who descended and visited the dead
and promised them the firstfruits of life.

From age to age and for ever. Amen.

On Sunday the Holy Church rejoices,
she exults and sings praise to her Spouse who has risen
and by His resurrection rejoices heaven and earth.
And He enters the heaven victoriously.
Praise to Him who rose with glory from the tomb
and is exalted on a glorious throne.

MEDITATION

SECOND WATCH

Acclamations

Blessed be the glory of the Lord from His place for ever
Blessed be the glory of the Lord from His place for ever.
You are blessed, Lord, to You be glory from Your place for ever.

Holy and glorious Trinity, have mercy on us.
Holy and glorious Trinity, have mercy on us.
Holy and glorious Trinity, have compassion and mercy on us.

You are holy and glorious for ever.
You are holy and glorious for ever.
You are holy and Your name is blessed for ever.

Glory to You, our Lord.
Glory to You, our Lord.
Glory to You, our hope for ever. Bless, Lord!

Our Father in heaven... Hail Mary, full of grace...

Psalm 99

The Lord is King, the peoples tremble.
He sits on the Winged Creatures, the earth quakes,
The Lord is great on His Holy Mountain.
He is supreme above all nations.
Let them praise His name, terrible and great,
for He is Holy, Powerful King and Lover of justice.

He has established justice and right.
He has created righteousness in Jacob.
Exalt the Lord, our God,
and prostrate at His footstool for He is Holy.

Moses and Aaron were His priests
and Samuel was among those who invoked His name.
They called on the Lord and He answered them.
He spoke to them from the pillar of cloud.
They kept His testimony and the law He gave them.

Lord our God, You Yourself answered them.
God became one of them,
He rewarded them like His servants.
Exalt the Lord our God, worship on His Holy Mountain,
for He is Holy, the Lord, our God.

Glory be to the Father... From age to age...

Response

O Joyful Passover manifested today from the tomb.
O Glorious Victim,
by Your victory Death is trodden underfoot.

Let us be glad and offer praise, exult and shout
and cry out to all creatures:
Rejoice and offer praise with us.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise...to You, Brightness of the Eternal Father, who by Your humiliation exalt the humble, and by Your passion save those who are subject to passsions, and by Your resurrection raise up the fallen. To You belongs glory, honour and adoration at this time of the Night Vigil...

Christ our God, on the first day of the week which is the beginning of days, when by the grace of the Creator this creation of ours took its beginning, and when also by Your Resurrection You gave joy to those in heaven and those on earth, on this first day, Sunday, was created the light, and the darkness was dispelled, so that everything might come into existence and receive all fair form and comely adornment. On this Sunday also a renewal came to our creation, when by the second birth of baptism a new creature was created as we were enlightened by the light of the Holy Trinity, by the Lord of life, the Lord of glory, by Him who died in the flesh yet lives in the spirit.

And now we beseech You, Christ our God, on this day of Your Resurrection which brings life and salvation, rejoice us with Your

spiritual gifts. Enlighten our minds with the glorious light which shone from Your tomb and make us bear for You the harvest of the Spirit: love, joy and peace, patience, goodness, truthfulness and self-restraint. Like the women disciples who brought spices and ointments to embalm Your body, make us shine in all good conduct. May we be to You pure and holy garments. And as Joseph wrapped You in the shroud, may we wrap You in our souls, and place You in our hearts as in a new tomb, to rise with You and offer thanksgiving to You, and to Your Father and to Your Holy Spirit, now and always and for ever. Amen.

Hymn

God rose from the tomb with great power.
The prophet met Him and deeply perturbed asked Him:
Why is Your garment red? Your hands pierced?
In Sheol I had to tread the winepress like an athlete.
I was alone in the battle and I am stained with blood.
Halleluia, I come forth from the tomb.

What are these wounds in Your hands?
says the prophet when Christ comes forth from the tomb.
Why is Your face spattered with blood?
Why is Your garment stained red?
I had to tread the winepress alone, says the Lord.
Not even one remained with me, not came to help me.
Halleluia, they have not been able to help.

Glory be to the Father and to the Son and to the Holy Spirit.

Today two angels descend on earth,
clothed in white they stand near the tomb.
These beings of fire and spirit tell us:
Why is Adam crying with his children in the city of Death?
God has made peace with them, He has forgiven their faults,
halleluia, by the death of His Beloved.

From age to age and for ever. Amen.

The priest said to the guards: Take this bribe
and say that His disciples have stolen Him away
while you did not notice. If it comes to the ears of Pilate
we will speak to him for you.
He who is seated in heaven laughs at them.
Christ is risen from the tomb, putting the wicked to shame,
Halleluia. Truth has prevailed.

MEDITATION

THIRD WATCH

Acclamations

Blessed be the glory of the Lord from His place for ever.
Blessed be the glory of the Lord from His place for ever.
You are blessed, Lord, to You be glory from Your place for ever.

Holy and glorious Trinity, have mercy on us.
Holy and glorious Trinity, have mercy on us.
Holy and glorious Trinity, have compassion and mercy on us.

You are holy and glorious for ever.
You are holy and glorious for ever.
You are holy and Your name is blessed for ever.

Glory to You, our Lord.
Glory to You, our Lord.
Glory to You, our hope for ever. Bless, Lord!

Our Father in heaven... Hail Mary, full of grace...

A Service for the Resurrection

Common Response

Give rest, Lord, to our departed in Your abode of light.
Give rest to them, Lord and be gracious to all.
Forgive and pass over the faults of us and them.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise...to the God who raises the dead and gives life to them with a gesture of His power and shakes from their faces the dust which darkens their eyes that they may behold His glory. To Him belongs glory, honour and adoration, at this time of the Night Vigil...

Lord Jesus Christ, at that hour when You shall appear at the end of time, and the sign of Your victory shall be revealed, when the light of Your countenance shall shine upon the good and Your fear shall fall upon the wicked...do not remember our faults. We beseech You, Lord, make us and our departed, and all the people of the Holy Church worthy to exalt You with the Wakeful Ones, to praise You with the Fiery Ones, to worship You with the saints and to be gladdened by the sight of Your Godhead, now and always and for ever. Amen.

Hymn

With the sons of Your right hand, Lord,
may our fathers and brothers take their pleasure.
May they hear Your sweet voice which calls and says:
Come, enter, inherit the Kingdom with the saints.

Isaiah cried to the Messiah, the Rising Sun,
by whom the dead are raised from the grave:
They will open their wings like doves and fly to meet You.
Blessed is He who has come and will come. Glory to His name.

Glory be to the Father and to the Son and to the Holy Spirit.

Praise to You by whose decree Death reigned
and by whose resurrection the Serpent is defeated.
Praise ascends to You, Lord, from every mouth.
From every place You gather the dust of Adam.

From age to age and for ever. Amen.

The dead who by your death receive the pledge of life
will praise You, Lord, within the grave.
They will shake off the dust and be clothed with glory.
On the day of the resurrection,
they will return to the heights, their true dwelling place.

Supplication Song Lord, be gracious to us and help us.

Renew, O Full of Mercy, Your creatures by the resurrection.

Your servants and Your worshippers who have slept in Your hope,

O Lord, give rest and pardon to the dead
who have slept in Your hope and await Your coming.

Give rest to those in the grave, O Heavenly King,
and multiply forgiveness for the departed believers.

At the side of Abraham, Isaac and Jacob, O Lord,
make to rest Your servants who have slept in Your hope.

Glory to Christ who calls the dead
and they rise without corruption and sing praise.

Body, soul and spirit will awake and cry together;
Blessed is He who has come, and will come and raise the dead.

FOURTH WATCH

The sanctuary lamps are lighted and the curtain is drawn aside.

For the Communion of Saints

Halleluia, halleluia, halleluia, glory to You, O God. (3 times)

Be compassionate towards us in Your mercy, O God of compassion.
In our sacrifices and our prayers
we make memory of our fathers who taught us,
while they were alive, to be children of God.
Son of God, raise them up in the Heavenly Kingdom,
with the just and the righteous,
in the world which does not pass away.

Mary's Song

And Mary said: My soul glorifies the Lord.
My spirit rejoices in God my Saviour.
He has looked on His servant in her nothingness.
Henceforth all generations will count me blessed.

The Mighty One has done great things for me.
His name is Holy
and His graciousness is from age to age
on those who revere Him.

He has conquered by His mighty arm
and has scattered the proud-hearted,
He has brought down the mighty from their thrones
but He has lifted up the humble.

He has filled the hungry with good things
but sent the rich away empty.
He has helped Israel His servant
remembering His graciousness,
as He had promised to our forefathers,
to Abraham and his seed for ever.

Glory be to the Father... From age to age...

Psalm 133

How good and beautiful it is for brothers to live in unity!

It is like oil poured on the head and on the beard,
poured on the beard of Aaron, even to the edge of his robe.

It is like the dew of Mount Hermon which comes down
on Jerusalem, the Holy Mountain, for it is from there
that the Lord gives His blessings and life for ever.

Glory be to the Father... From age to age...

Response

Remember Mary, and may she help us by her prayers.

Remember all the saints and may they help us by their prayers.

Prophets, apostles and martyrs,
may your prayer always be with us.

Make us worthy, Lord, of the abode of Your martyrs
and the home where dwell Your friends.

Compassionate and Full of Graciousness,
on the day of Your judgement, be gracious to all.

Because there, Lord, You promised Your blessings and life for ever.

Blessed is He whose mercy is never withheld
from the sinner who calls upon Him.

Lord, remember well the people of the Church of believers.

And make them stand at Your right hand,
on the day when Your Majesty appears.

At all times and seasons, Virgin Mother of God,
may your prayer be a stronghold for us.

By the prayers of Your saints,
keep from us the Evil One,
who at all times lays snares for us.

Jesus, our Lord and our God,
may Your Cross be our shelter and our stronghold.

Jesus, Word of God,
by Your Cross protect the living,
and pardon the dead in Your mercy.

On all the days of our life,
let us give thanks, adoration and praise,
to the Father and to the Son and to the Holy Spirit.

All Merciful God, on the great day when You come,
raise us up at Your right hand.

You who have made us worthy to praise You,
make us worthy to inherit Your Kingdom.

May Your mercy be upon us, Lord.
O Lord of life and death, be gracious to all.

Lord, be gracious to us and help us.

Awake, you that sleep, and rise to sing praise.

The Cosmic Praise Psalms 148, 149, 150, 117

Praise the Lord from the heavens.
Praise Him in the heights.
Praise Him, all His angels.
Praise Him, all His powers.

Praise Him, sun and moon.
Praise Him, all stars of light.
Praise Him, highest heavens
and the waters above the heavens.
Let them praise the name of the Lord.

He said a word and they were made,
He commanded and they were created.
He set them for ever
and gave them a law which shall not pass away.

Praise the Lord, all the earth,
sea creatures and all oceans,
fire and hail, snow and mist,
stormy winds that obey His word.

All mountains and hills,
all fruit trees and cedars,
all beasts and cattle,
creeping things and birds that fly in the air.

All earth's kings and peoples,
princes and rulers of the world,
young men and maidens,
old men and children,
let them praise the Name of the Lord.

For He alone is exalted,
His praise is on earth and in heaven.
He exalts the strength of His people.
He is the praise of all believers,
of the people who draw near to Him.

Praise the Lord with a new praise.
Praise Him in the assembly of believers.
Let His people rejoice in their Maker.
Let their children be glad with their King.

Let them praise His name with tambourines and drums,
and sing to Him with their harps.
The Lord takes delight in His people.
He gives salvation to the poor.

The devotees find strength in the Glorious One.
They exalt Him and take their rest.
Let the praise of God be on their lips...
This is the glory of all believers.

Praise the Lord in His holy place.
Praise Him in the heavenly vault of His power.
Praise Him for His powerful deeds.
Praise Him for His infinite greatness.
Praise Him with the sound of the horn.
Praise Him with the lute and the harp.

Praise Him with the tambourine and the drum.
Praise Him with sweet melodies.
Praise Him with the clashing of cymbals.
Praise Him with the sound of the voice.
Let everything that breathes give praise to the Lord.

Praise the Lord, all you nations.
Praise Him, all you peoples.
Great is His goodness for us.
Truly, the Lord's goodness is for ever.

To You belongs the praise, O God. Halleluia.

Glory be to the Father... From age to age...

Common Response

Praise to the Holy Trinity
Praise to the Holy Trinity.
We praise the glorious Trinity,
eternal and everlasting.
To You belongs the praise, O God, at all times.

Supplication Song Lord, be gracious to us and help us.

Our Lord, be gracious to us,
Son who deliver us by Your resurrection.

Christ who save us by Your resurrection.
pardon us and be gracious to the whole world.

At night, on Sunday, at the first rays of dawn,
the Lord wakes up like one who sleeps.
Like one who shakes off his wine,
the Good One rises and manifests Himself.

He turns away His face and departs,
leaving behind those who crucified Him.
Fear takes hold of them, they are terrified.
They cry out: Truly, He is the Son of God.

All at once He overcomes Death and regains life
and ascends to Him who sent Him,
He leaves the dwelling prepared for Him by Joseph.
He does not remain in the house of Ephraim.

Glory to You, Firstborn of Life
who rose from the tomb and redeems us.
Thanksgiving to Your hidden Father.
And to Your Holy Spirit a shout of joy.
And on us Your love and compassion, at all times. Amen. Amen.

Hymn of Saint Athanasius

As the angels and the archangels sing praise, like them we offer praise while we say at all times and in all seasons:

Glory to God in the highest heaven, and on earth
peace, tranquillity and good hope among men.

We praise You, we bless You, we adore You,
we sing a hymn of praise to You.

We give thanks to You because of Your great glory,
Lord, our Creator, King of heaven, God the Father Almighty.

Lord God, Only Son, Jesus Christ, with the Holy Spirit.

Lord God, Lamb of God and Word of the Father
who take away the sin of the world, be gracious to all.

You who take away the sin of the world
incline Your ear to us and receive our prayers.

You who sit in glory at the right hand of Your Father,
have compassion on us and be gracious to all.

Because You only are holy, You only, Lord Jesus Christ,
with the Holy Spirit, in the glory of God the Father. Amen.

At all times and on all the days of our life
we bless You and we praise Your name,
holy and blessed for ever, who is and remains for ever and ever.

Blessed are You, Lord, Upholder of all, God of our fathers,
Your name is blessed and glorified with praises, for ever and ever.

To You belongs glory, to You belongs praise,
To You belongs honour, God of all, Father of truth,
with the Son, the Only One, and the Life-giving Holy Spirit,
now and always and for ever and ever. Amen.

Concluding Prayer

Lord Jesus Christ, do not close the door of Your mercy on our faces...p. 30.

Trisagion Holy are You, O God...p. 30.

MEDITATION

Morning Prayer on Sunday

Invocation In the name of the Father... P. 25

Trisagion Holy! Holy! Holy! Lord... P. 25

Doxology

Glory be to the Father and to the Son and to the Holy Spirit.

And on us weak and sinful servants
mercy and compassion in both worlds for ever and ever. Amen.

Opening Prayer

Lord God,
on the day of Your Resurrection from among the dead,
enlighten our eyes with Your blessed rays full of light.
Gladden us and give us joy
by the manifestation of Your Lordship.
Strengthen us with the gifts of Your goodness,
Christ, hope of our lives and Saviour of our souls,
our Lord and our God, for ever. Amen.

Psalm 51

Be gracious to us, O God, because of Your goodness.
Because of Your infinite graciousness blot out our sins.

Again and again wash us of our guilt.
Make us clean of our sins.
We acknowledge our faults,
we are always aware of our sins.

We have sinned against You, against You truly.
We have done what is evil in Your sight.
Your judgements are right. Your sentence is justified.
We have been evil from the time we were born,
from the time of our birth we have been in sin.

But You take Your delight in the truth.
Make then known to us the secrets of Your wisdom.
Sprinkle us with Your hyssop and we shall be clean.
Wash us and we shall be whiter than snow.

Fill us with joy and gladness
and our bones which are crushed shall rejoice.
Turn away Your face from our sins
and wipe out all our faults.

Create a pure heart in us, O God,
and renew Your good spirit within us.
Do not cast us away from Your presence
nor deprive us of Your Holy Spirit.

Restore to us the joy of Your salvation
and strengthen us with Your Glorious Spirit,
that we may show the wicked Your way
and sinners may return to You.

Spare our life, O God, God of our salvation
and our tongues shall praise Your righteousness.
Lord, open our lips and our mouths shall sing Your praises.

You do not take pleasure in sacrifices.
You are not appeased by burnt-offerings.
The sacrifice that pleases You is a humble spirit,
a broken heart, O God, You will not spurn.

In Your goodness deal well with Your people
and rebuild the walls of Jerusalem.
Then You will be well pleased
with fair sacrifices, whole burnt-offerings...

Glory be to the Father... From age to age...

Response

Our Lord ascended the Cross
and slayed the Evil One who had slayed us out of envy.
Dying He slayed Death by His death.
He descended into Sheol and laid waste its treasures.
Come, peoples, sing praise to Him,
God who saves us by His blood.

Our Lord descended to the house of the dead
and visited the earthly ones in the abyss.
He called Adam and made him stand.
He made him ascend with Himself to heaven.
Come, peoples, sing praise to Him,
God who saves us by His blood.

Our Lord rose from the grave
casting fear among the guards,
He put to shame those who crucified Him.
He rejoiced the heavenly ones.
He gladdened the company of the disciples
and enlightened the four quarters of the earth.

Give rest, Lord, in the dwellings of light,
in the habitations of the just who have done Your will,
to those who slept in Your hope,
and await Your great manifestation,
when You will come to judge all.
With You make them enter the feast of gladness.

Psalm 63

O God, You are our God, we long for You.

Our spirits thirst for You, our bodies pine for You,
like a dry, parched land, thirsting for water.

We look to You, truly, to behold Your power and Your glory.

Your graciousness is better than life.
Our lips shall sing Your praise.

We will praise You in our life.
We will raise our hands in Your name.

Our hearts are filled as with marrow and fat.
Our lips utter praises. Our mouths sing glory.

We remember You even on our bed,
our thoughts are on You throughout the night.

You have been our help.
In the shadow of Your wings is our protection.

Our spirits follow You. Your right hand upholds us...

To You belongs the praise, O God. Haulleia.

Glory be to the Father... From age to age...

Response

Christ our God who by Your passion bestowed
on our weak race not to be subject to passions,
we have come in Your presence, be gracious to all.

Christ our God who by nature are above suffering and death,
You endured the passion in the flesh for all.
We have come in Your presence, be gracious to all.

God who by Your passion and death
save Your Church from untruth, who now sings praise for Your passion,
we have come in Your presence, be gracious to all.

Christ our God who came to fulfil all the mysteries,
the prefigurations and the parables made for us,
we have come in Your presence, be gracious to all.

Psalm 19

The heavens proclaim the glory of God
and the sky shows forth the work of His hands.

Day unto day pours forth the discourse.
Night unto night makes known the message,
without speech, without words, and no voices are heard,
yet their message reaches to the ends of the earth.

He pitched a tent in them for the sun:
which is like a bridegroom coming from the bridal chamber
and rejoices like a warrior to run its course.
He comes forth from one end of heaven,
His setting is in the other end
and nothing is hidden from His heat.

The law of the Lord is faultless, it refreshes the mind.
The testimony of the Lord is trustful
and it gives wisdom to the simple.
The precepts of the Lord are right, they gladden the heart
His commands are dear, they give light to the eyes.

Reverence for the Lord is holy, it will continue for ever.
The decrees of the Lord are the truth, and all them just.
They are more to be desired than gold, more than precious stones.
They are sweeter than honey, honey dripping from the comb.

Your servants are enlightened by them
and in them they find great reward.

Yet who can understand his faults?
Cleanse us from the hidden ones.
Keep Your servants from the wrong-doers
lest they come to rule over us.

Purify us from our sins,
that the words of our mouths
and the thoughts of our hearts
may be well pleasing to You, Lord,
our Rescuer, our Rock.

Glory be to the Father .. From age to age...

Response

O the great marvel and wonder!
Our Saviour remains silent and quiet
while wicked people plot treacherously to put Him to death.
Come, all you peoples, bow down and adore Him.

The Lord of the whole creation
goes to the passion of His own will,
for the sake of guilty Adam, to restore him to his first glory.
Come, all you peoples, bow down and adore Him.

Isaiah 42: 10–13 and 45:8

Sing to the Lord a new song!
Let His praise resound from the ends of the earth.
Let the sea and all that it holds sing His praise,
the coastlands and their inhabitants.

Let the desert and its cities raise their voice,
the villages where Kedar dwells.
Let the inhabitants of Sela sing for joy,
let them shout from the top of the mountains.
Let them give glory to the Lord
and let the people of the islands voice His praise.

The Lord goes forth like a mighty man,
Like a man of war He stirs up His fury.
He cries out, He shouts aloud.
He shows Himself mighty against His foes.

Shower, O heavens, from above.
Let the skies rain down the Just One.
Let the earth open, and salvation sprout forth.
Let justice also spring up
which I, the Lord, shall create.

Glory be to the Father... From age to age...

Response

We remember Your Glorious passion
and we call on Your graciousness, our Saviour.
Gladden us with the new life at Your spiritual marriage feast.
You are blessed, Lord our God.

While partaking of Your sufferings, make us share Your life,
that we may all rejoice in Your resurrection
and offer praise before Your Father.
You are blessed. Lord our God.

The Church was saddened at Your passion,
she mourned at Your crucifixion, our Lord.
On the day of Your resurrection,
gladden her who takes refuge in Your Cross.

Our Lord, receive our supplications.
Hear our prayers and be reconciled with us,
May Your graciousness be on our assembly
which worships You with love.
You are blessed, Lord our God.

The following: Mary's Song, its Response and the Cosmic Praise, are omitted if they have been recited at the Night Vigil. We then proceed straightway with the following PSALM 113: *Praise, you servants of the Lord...as below:*

Mary's Song, And Mary said...P. 33

Response

Rise, shine forth, for your light has come,
Church of the new Jerusalem.
The glory of the Lord descends now on you splendidly.
Be glad, rejoice and exult, Holy City.
And you, Blessed Mother of God, be glad
on account of the Resurrection of your Son, the Christ, our hope.

O Great Passover, Priest Most High, Christ, Giver of life.
O Word and Wisdom and Intellect
and Image of God the Father.
Grant us, our Lord,
to be worthy of a greater revelation of Your Passover.
on the day that has no evening, in Your Heavenly Kingdom.

The Cosmic Praise Praise the Lord from the heavens...P. 35

Psalm 113

Praise, you servants of the Lord.
Praise the name of the Lord.

May the name of the Lord be blessed
now and evermore.

From the rising of the sun to its setting
great is the name of the Lord.

High above all nations is the Lord,
above the heavens His glory.

Who is like the Lord, our God?
He sits enthroned on high.
Yet stoops from the heights to look down,
to look down upon heaven and earth.

He raises up the poor from the dust
and makes them sit with the great among the people.

To the childless woman He gives a home
and, for her joy, makes her the mother of children.

Glory be to the Father... From age to age...

Response

With the heavenly assemblies, you people of God,
sing praise to Him, raise your voices together and say:
You are blessed, Lord, the Strong.
All you peoples, praise Him and exalt Him for ever and ever.

Today the Wakeful Ones on high, clothed in white,
descend to honour their Lord who is risen,
and to announce His resurrection.
All you peoples, praise Him and exalt Him for ever and ever.

The apostles see the linen garments and the head-cloth apart,
and the guards trembling with fear,
and the watchman utterly ashamed.
All you peoples, praise Him and exalt Him for ever and ever.

Today all the peoples sing praise
to their Lord who is risen, and by His resurrection
saves the creation from false worship.
All you peoples, praise Him and exalt Him for ever and ever.

Glory be to the Father... From age to age...

Glory to the Father, and adoration to the Son,
and thanksgiving to the Holy Spirit,
the one true God to be worshipped and praised by all.
All you peoples, praise Him and exalt Him for ever and ever.

The Beatitudes Mt. 5:3-12

Blessed are the poor in spirit,
for theirs is the Kingdom of Heaven.

Blessed are they who mourn,
for they shall be comforted.

Blessed are the gentle,
for they shall inherit the earth.

Blessed are those who hunger and thirst for justice,
for they shall be satisfied.

Blessed are the merciful,
for they shall obtain mercy.

Blessed are the pure in heart,
for they shall see God.

Blessed are the peacemakers,
for they shall be called children of God.

Blessed are those who are persecuted for the sake of justice,
for theirs is the Kingdom of Heaven.

Blessed are you when people insult you and persecute you
and utter all kinds of evil against you falsely, because of Me.
Then rejoice and be glad for your reward is great in heaven.

Glory be to the Father... From age to age...

Response

We exult in Your resurrection
by which we are raised from the fall and we say with joy:
Christ, remember us when You come.

We give thanks for Your love and we praise Your Godhead,
and with the thief we say:
Christ, remember us when You come.

The assemblies of fire and spirit praise You in the heights
and with them we cry out:
Christ, remember us when You come.

Praise, honour, adoration and great glory may we be worthy to offer
to the Father and to the Son and to the Holy Spirit,
from age to age and for ever. Amen.

Let us offer praise to the Father, let us adore the Son,
and let us give thanks to the Holy Spirit, the glorious Trinity.
Christ, remember us when You come.

Eucharistic Prayer *Sedro*

Let us lift up our hearts. We lift them up to the Lord.
Let us offer praise to the Lord... Compassionate Lord, we praise...

Praise...to the Gracious Lord who in His goodness descended and became a son of man and endured death of His own will for the mortal ones. He rejoiced the apostles and gladdened the women disciples by His resurrection. He manifested and made to shine His salvation before all peoples. To Him belongs glory, honour and adoration, at this time of morning . . .

Christ our God, who are the Word without beginning and hidden in Your Being, You left the hidden spheres of heaven to dwell in the world which You fashioned. You put on the body of humanity and were revealed to the creation. In Your love You went about among us and You fulfilled the mysteries and prefigurations of the seers concerning You. Mighty one, who by Your death slayed Death who had slayed us, Ybu rejoiced the heavenly ones by Your victory and gladdened the earthly ones by Your appearance. You restored peace between heaven and earth, and made praise to be offered by angels and by people. You wiped the tears of Eve, our first mother, and put an end to the sorrow of Adam, the head of our race. Today our whole nature which had grown old on account of its desire for the fruit of the tree is renewed. Today the Stronger One plunders the possessions of the strong one and takes him into captivity. Today the captives from of old are led into freedom and the song of return is heard with shouts of joy. Today David chants with the accompaniment of his

harp: The Lord awakes like one who slept, like a man who shakes off his wine. Today the evening mourning and dejection of the disciples come to an end, their minds are filled with joy and gladness. Today an unusual light spreads alarm among the guards; they are made drunk with the cup of terror and affliction that is given them to drink. Today the voice of those who announce peace and spread joy is heard in Jerusalem: Rise, city of our salvation and put on the strength that comes to you from your Lord.

Today therefore we beseech You, Christ our true God, we who are reconciled with You freely, by Your goodness, ask You that while we are not worthy of this gift on account of the disgrace in which we have fallen, in Your wisdom, You may renew and strengthen us with the peace and joy that come from You. And we will offer praise and thanksgiving to You and to Your Father, and to Your Holy Spirit, now and always and for ever. Amen.

One of the following Hymns

To You, Lord, we call.

Early morning on Sunday Mary went, according to the custom,
to take spices to the tomb of our Lord.
She found a Wakeful One sitting at the entrance of the tomb
who, full of joy, said to her:
Why do you seek the Living One among the dead?
How can you search for the Light in the darkness?
Christ is risen from the grave and has liberated the creation.

In the garden, after the Resurrection,
Mary saw the Living Lamb of God in the form of a gardener,
who said to her: Why are you weeping? Whom do you seek?
And she answered: They have taken away my Lord,
and I do not know where. Then He called her: Mary!
She recognized Him and hastened to announce to the disciples:
Christ is risen from the tomb, come and see.
They went and saw, and they believed.

Glory be to the Father and to the Son and to the Holy Spirit.

Praise to Him who by His death slayed Death.
He rose from the grave with glory and ascended to His Father.
The companies of the heavenly ones praise Him,
and when He sits at the right, the Winged Creatures worship Him.
A Wakeful One descends. He breaks the seal of the tomb.
He rolls away the stone from the entrance,
and announces the Resurrection to the disciples.

From age to age and for ever. Amen.

The guards saw what happened and were in great trouble.
Filled with fear they covered their heads,
that they might report what they had seen as idle tales.
But the blazing fire and the ardour of the Fiery Ones
filled them with fear and terror.
They went and told all that they had seen,
that Christ had risen from the tomb
while the seals still remained untouched.

Another Hymn

Not for judgement

On this day, Sunday, the Lord rises from death as from sleep,
and like a man who shakes off his wine.
He rejoices the earth and the heavens and makes them glad.
Halleluia. Blessed be His Resurrection.

On this day, Sunday, He rises from the tomb,
the Fashioner of our father Adam.
He descends and visits him among the dead. His beautiful image,
who had transgressed the commandment. Halleluia. To Him be glory.

Glory be to the Father and to the Son and to the Holy Spirit.

On this day, Sunday, the just and saints
exult in their graves because the Strong One
descends into Sheol and visits them. He sprinkles dew
on their faces, halleluia, and comforts them.

From age to age and for ever. Amen.

The Lion-cub about whom Jacob the Just, wrote,
enters the abyss of those who lie buried in the grave.
He slays Death, the Killer who had slain Him,
for all ages and generations, halleluia,
and restores Adam to life.

With the blessed martyrs who loved You,
and with the saints who pleased You by their life,
remembrance is made of the departed believers.
Make them worthy to stand at Your right hand,
halleluia, and give them rest.

Prayer for the Burning of Incense

Sublime Mediator and Priest Most High
who by the incense of Your Cross take away sin,
and by the odour of Your Divinity slay the Destroyer
and give joy to the heights and the depths.
Give joy to our souls, Lord, by the perfume of this incense
which we offer to the sweet odour of Your Godhead.

And on the day of Your resurrection from the dead,
make us run in spirit to Your tomb, like the apostles,
and proclaim You in our lives, as did the women disciples,
and we will offer You praise with loosened tongues.

Supplication Song Lord, be gracious to us and help us.

Son who by Your resurrection save Your Church from untruth,
give her Your peace and keep her children by the Cross of light.

Peace who reconcile the heavenly ones with the earthly ones
give to Your Churches the joy of peace and unity,
and keep their people by the Cross of light.

The Lord went forth from the tomb leaving His garment behind,
that all who would come and see might believe that He is risen.
He left His outer garment as a sign for His disciples
that He is risen. He defeated Death and broke down her power.

He left in the tomb the weakness with which He entered it,
clothing Himself with the strength of His Father's house.
The legions of fire and spirit rendered kingly honour
and the ranks of Gabriel made a joyful noise before the Saviour.

He endured torments and was clothed with scourgings,
and with the borrowed cloth provided by Joseph when He entered
He recovered from the sufferings endured on Golgotha.
He lay down and rested that He might rise with strength.

Glory be to the Father who gave glory to His Only Son.
Adoration to the Son for whose resurrection the creation exults
and to the Holy Spirit who through the Wakeful Ones sent the news
that the Bridegroom had risen from the tomb. To Him be praise.

Peace who reconcile those in heaven and those on earth
give to Your Churches the joy of peace and unity,
and keep their people by the Cross of light.

Proclamation of the Gospel

Acclamations

Halleluia, halleluia, halleluia.
I have risen, says the Lord.
Halleluia, halleluia, halleluia.
And I set to work salvation.
Halleluia, halleluia, halleluia.

Acclamations of the Deacon as on p. 215
A Gospel of the Resurrection as they follow, or the Gospel of the particular Sunday of the year.

Lk 24: 13–35 That very day two of the disciples were going to a village named Emmaus.

Lk 24: 36–50 As the disciples of Emmaus were speaking, Jesus Himself stood among them...

Jn 20: 19–29 On the evening of that day, the first day of the week the doors being shut where the disciples were, ...Jesus came and stood among them...

Jn 21: 1–14 After this Jesus revealed Himself again to the disciples, by the Sea of Tiberias...

Mt 28: 16–20 Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. And when they saw Him, they worshipped Him...

Concluding Prayer

Christ who when You conquered death opened to us the gates of life, as we celebrate Your Resurrection, raise us up with You from the death of sin, that we may enter with You in Your inheritance, in the light of the new life, we beseech You and we will cry three times:

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Trisagion

Holy are You, O God. Holy are You, the Strong.
Holy are You the Deathless who were crucified for us.
Have mercy on us. (3 times)

Lord, have mercy on us. Lord, have pity and mercy on us.
Lord, receive our service and our prayers and have mercy on us.

Glory to You, O God. Glory to You, Creator.
Glory to You, Christ the King,
who have compassion on Your sinful servants Bless, Lord!

Our Father in heaven... Hail Mary, full of grace...

MEDITATION

NOTES TO THE PREFACE

1. The image of the Harp of the Spirit is indigenous to the biblical tradition. The harp is the instrument of those who prophesy, 1 S 10: 5–6. David frees Saul from an evil spirit by playing the harp. The psalmists use the harp to offer praise to God. More striking still is the image of the harp of the Spirit used by the Christian poet of himself, as in the Odes of the Pseudo-Solomon:

   As the wind moves through the harp,
   and the strings speak, so the Spirit
   of the Lord speaks through my limbs,
   and I speak through His love. Ode 6.

   The Odes of Solomon, Introduction, Translation and Elucidation, in preparation.

   Prof. S. P. Brock, published Eighteen Poems of Saint Ephrem, under the title: *The Harp of the Spirit,* London, 1983.

   But this image is not found in the Bible only. In India, in our century, Rabindranath Tagore in his poems, Gitanjali, makes a very impressive use of it:

   Let Thy love play upon my voice
   and rest on my silence.
   Let it pass through my heart
   into all my movements...
   Let it burn in the flame of my desires,
   and flow in all currents of my love.
   Let me carry Thy love in my life,
   as a harp does its music,
   and give it back to Thee, at last with my life.

2. S. Brock, o. c., p. 10.

3. S. Brock, Ibid. p. 56.

4. In Syriac **M'DABRONOOTHO,** from the verb-root *dbr*, to lead, to guide, refers to the Divine Dispensation, the Providence or Economy of God, His doings with humankind.

In the Gospel according to the Apostle John this verb is used by Jesus to reveal to His disciples how, after His departure, He will continue to be with them: When the spirit of truth comes He will guide you, **M' DABERQOUN**, into all the truth. Present day theologians use the phrase salvation history, but this is an impoverished expression of the reality conveyed by **M'DABRONOOTHO**. It lacks the reference to God's initiative and unceasing involvement, which the word had acquired in the tradition of the Syrian Churches. And this divine involvement is the very object of the Churches' worship.

5. The Book of Common Prayer of the Syrian Church, (Ktobo d' Sloutho Sh'himto, 3rd edition, The Mar Julius Press, Pambakuda, Kerala, India, 1968) translated into English by Bede Griffiths, monk of Kurisumala Ashram.

6. The Sunday Services are translated from the *Penqitho:* The Canonical Prayers on Sundays and Feasts, throughout the Year, published in Syriac by the Dominican Friars, under the authority of the Patriarch George Schelbot, Seven Volumes, Mosul, Iraq, 1886-1896.

7. G. Gispert-Sauch. S. J., in Vidyajyoti, Journal of Theological Reflection, Vol. XLV, 1981, p. 252, New Delhi, India; and Rev. C. A. Abraham, The New Leader, a Christian News and Views Weekly, Vol. LXXII, 9th August 1981, p. 8, Bangalore, India.

NOTES TO THE FOREWORD

1. p. 64.
2. p. 200.
3. p. 45.
4. p. 207. On this, G. Gispert-Sauch S. J., A Controversial Syllable, Vidyajyoti 45 (1981) pp. 232–238; also by the same: Liturgical Inculturation Questioned. Vidyajyoti 46 (1982), pp. 546–552.
5. This Foreword was originally published as a review of the first edition of this first volume of Prayer with the Harp of the Spirit, in Orientalia Christiana Periodica, 47 (1981), pp. 245–247. It has been reproduced here with minor adaptations.

NOTES TO THE INTRODUCTION

1. Robert Murray, The Cosmic Covenant, Sheed and Ward, London, 1992, p. XVII.
2. p. 27.
3. p. 31.
4. p. 38.
5. p. 50.
6. p. 50–51
7. p. 70.
8. p. 60.
9. p. 150.
10. p. 143.
11. p. 96.
12. p. 97.
13. p. 97.
14. Revelation 7:9–10; 21:23; 22:1, 5.
15. Quoted from Juan Mascaro, The Upanishads, Penguin Classics, 1967, p. 79. Other parallel texts in the Upanishads: Katha VI 15, Svetesvatara II vi 14, and also in the Bhagavad Gita 15:6.
16. I ii 1–2 and 6. Quoted from R. C. Zaehner, Hindu Scriptures, Everyman's Library 144, London, 1966, p. 33, 34; amended.
17. Luke 22: 15.
18. Bhagavad Gita 12:13–16; 9:26–27. Quoted from Juan Mascaro, The Bhagavad Gita, Penguin Classics, 1968, pp. 97 and 82.
19. S. Brock, o. c., p. 14.
20. p. 76.
21. 1 Peter 1: 3–4.
22. Letter to the author, January 29, 1981.

NOTES TO THE TEXT

1. In Syriac *'iro,* from the verb-root, **'our:** to wake, to watch. Hence, the Wakeful Ones, the Vigilant Ones, the Watchers, a word of Persian origin designating divine beings. It has been used by the Aramaic Christian tradition as a name of God, but also of the heavenly beings, the angels ceaselessly worshipping Him, the worship in which the earthly ones are called to participate. The introductory service of the Night Vigil is called *m'irono,* that which awakes, arouses; and the Opening Prayer reads, very significantly:

   Awaken us, Lord, from our sleep in the sloth of sin,
   that we may praise Your Wakefulness,
   O Wakeful One who do not sleep.

2. Bless, Lord! In Syriac: *Barek Mor!* The leader of each side of the choir asks God's blessing before intoning.

3. Isha Upanishad I, with Acts 17: 26–28; and Mahatma Gandhi's commentary on this passage. Rabindranath Tagore, India's universal poet, educationist, social worker, painter, musician, playwright and actor of the first half of this century, and also her first Nobel Prize winner, has this on the Upanishads: Though many of their symbolical expressions can hardly be understood today, yet the messages contained in them, like some eternal source of light, still illumine and vitalize the religious mind of India. They are not associated with any particular religion, but they have the breadth of universal soil that can supply with living sap of all religions which have any spiritual ideal hidden at their core, or apparent in their fruit and foliage... The idea of *Brahma* when judged from the view-point of the intellect is an abstraction, but it is concretely real for those who have the direct vision to see it. The consciousness of the reality of *Brahma* has boldly been described to be as real as the reality of a fruit held in one's palm. The Upanishad says: From Him come back baffled both words and mind. But he who realizes the joy of *Brahma* is free from fear...In the Upanishads we find the note of certainty about the spiritual meaning of existence. In the very paradoxical nature of the assertion that we can never

know *Brahma,* but can realize Him, there lies the strength of conviction that comes from personal experience ... The self of mine that limits my truth within myself confines to a narrow idea of my personality. When, through some great experience, I transcend this boundary, I find joy... My love makes me understand that I gain a great truth when I realize myself in others and therefore I am glad. This has been thus expressed in the Isha Upanishad: He who sees all creatures, in himself, and himself in all creatures, no longer remains concealed. His truth is revealed to him when it comprehends Truth in others. Quoted from S. Radhakrishnan, The Upanishads, London, 1953, p. 940-942.

4. Brihad Aranyaka Upanishad I iii. Quoted from The Cultural Heritage of India, Vol. I, Calcutta, The Ramakrishna Mission Institute of Culture, 1958, p. LXIV.

5. Genesis 1: 1-2; 2: 7. With Atharva Veda XI iv. Hymn on Prana. Quoted from Zaehner, o. c., p. 27; amended.

6. Bhagavad Gita 18: 64–66. Mascaro, o. c., p. 121. The supreme teaching on sainthood is here described as the total surrender to God. On this, see S. Radhakrishnan, The Bhagavad Gita, Allen & Unwin, London, 1976, Comment on our text, p. 377–379. Juan Mascaro calls the Bhagavad Gita a symphony of *jnana, bhakti and karma,* light, love and life. R. C. Zaehner observes that there is scarcely a sage or saint in India who has not commented on this most influential of all Hindu religious texts, from the time of Shankara in the ninth century, to Mahatma Gandhi and Vinoba Bhave in our days. S. Radhakrishnan prefaces his own translation with the following profound reflection: "War and postwar periods tend to bring into prominence the value of sciences, especially their practical application. These are important for the conduct of wars and the comfort of citizens in peace. But if we have to give largeness and wisdom to man's outlook on life, we should lay stress on humanities also. The relation of sciences to humanities may be stated roughly to be one of means to ends. In our enthusiasm for the means we must not overlook the ends . . . Right and wrong do not belong to the sphere of science; yet it is on the study of the ideas

centering on them... that human action and happiness ultimately depend. A balanced culture should bring the two great halves into harmony. The Bhagavad Gita is a valuable aid for the understanding of the supreme ends of life.

7. To call Mary, the Veil, is probaly an allusion to the white veil decorated with a dove with outspread wings, which the celebrant, at the Eucharist, spreads over the Mysteries during the Preparatory Service, later, during the Prayer of the Veil, he waves it around them, and flutters it up and down, evoking the 'hovering' of the Spirit of God over the primordial waters at the creation.

8. Bhagavad Gita 12: 13–16, Mascaro, o. c., p. 97.

9. Chandogya Upanishad III 13 and III 14. Mascaro, o. c., p. 113.

10. Katha Upanishad V 15, and Isha Upanishad 17–18. Mascaro, o. c., pp. 64 and 50. And Mundaka Upanishad II ii. 11. Zaehner, o. c., p. 190.

11. Atharva–Veda XIX 15; Rig-Veda VII 66; quoted from Abinash Chandra Bose, Hymns from the Vedas, pp. 105 and 217; amended. With John 14: 27 and 16: 12.

12. Katha Upanishad III 3–8. Mascaro, o. c., p. 60. With Matthew 7: 13–14.

13. In Syriac, **roze,** Mysteries, is the name given to the sacraments in the Syrian Churches.

14. Bhagavad Gita 9: 26–27 and 18 : 65–66, Mascaro, o. c., pp. 82 and 121.

15. Rig–Veda, Hymn to the Dawn, *Ushas.* A. C. Bose, o. c., p. 93; amended.

16. Taittiriya Upanishad III 7 and II 2. Quoted from Zaehner, o. c., pp. 143 and 138. With S. Radhakrishnan, o. c., p. 553; amended. With John 6: 51, 54, 56–57.

17. Bhagavad Gita 18: 57–63. Mascaro, o. c., – 120; amended.

18. Gayatri, Rig–Veda III 62. 10, with Commentary in Maitri Upanishad VI 7, 5. S. Radhakrishnan, o. c., p. 820, and Rig–Veda II 28. Quoted from Mascaro, The Upanishads, P. 9.

19. The Saving Knowledge of God. Svetesvatara Upanishad IV 13–17. Mascaro, o. c., p. 92; amended. With Acts 17:28 and John 14:23; 14:19–21; 15:12.

20. El-Shaddai, ancient divine name, probably brought from Upper Mesopotamia by the ancestors of the race. It is the view of the Elohist and Priestly sources of the Pentateuch that the God of the fathers was known by another name than Yahweh before Moses. This name is Shaddai (in P, Gn 17:1; 28:3; 35:11; 43:14; 48:3; Ex 6:3); the name is also attested in older poems (Gn 49:25; Nm 24:4 and 16). It is common in Jb; here and in Pss 68:15; 91:1; Ezk 1:24; 10:5 it appears as an archaic poetic name. Shaddai was rendered in the LXX by *pantokrator,* 'almighty', and as such has passed into English versions. The meaning is uncertain. God of the Mountain, from the Accadian *Shadu,* has been suggested as more likely. The cosmic mountain in ancient Semitic mythology was the home of the gods. And thus also in the Bible. Most of the great theophanies of the Old Testament take place on mountains: Moriah to Abraham, Sinai to Moses, in the temple on Mount Zion to Solomon, Horeb and Carmel to Elijah. Isaiah prophesies that in the final days all nations will stream to the mountain of Yahweh's house: 'On this mountain, for all peoples, He prepares a banquet of rich food...on this mountain He has destroyed death for ever!' And this is also true of the Gospel. To deliver His great sermon on the new spirit of the Kingdom of God 'Jesus went upon to the mountain.' 'Jesus went into the mountain to pray and spent the whole night in prayer to God.' After the multiplication of the loaves He made His disciples to get into a boat and cross over to the other side of the lake, then He sent the crowd away and went up into the mountain to pray. He was transfigured before three of His disciples on a high mountain. He was crucified on Golgotha. After His resurrection, 'The eleven set out for Galilee to the mountain where Jesus had arranged to meet them'. For His Ascension He took them out to Mount Olivet from where He was carried up to heaven.

21. Brihad Aranyaka Upanishad I ii 1. Quoted from Zaehner, o. c., p. 33; amended.

22. Exodus 3:13–14 and Hebrews 11:6. With Katha Upanishad VI 12–15, Mascaro, o. c., p. 66. Saint Bernard has this on God as, He who is: 'Who is God? I can think of no better answer than: He who is. Nothing is more appropriate to the eternity which God is. If you call God good or great, or blessed or wise, or anything else of this sort, it is included in these words, namely He Is'.

23. God's true devotee. Bhagavad Gita 12:17–20, Mascaro, o. c., p. 97.

24. Taittiriya Upanishad III 6. Mascaro, o. c., p. 111; amended.

25. Other Psalms can be substituted for 51, e. g. 9:1–13; 47; 68:1–7; 85; 100 etc.

26. Brihad Aranyaka Upanishad I ii 6–7. Quoted from Zaehner: o. c., p. 34; amended.

27. S. Radhakrishnan, The Principal Upanishads, p. 153.

INDEX OF THE SEEDS OF THE WORD

		Page
1.	God's all pervading presence. Isha Upanishad I, with Acts 17:26–28	45
2.	A prayer for being initiated into the Mystery of the Absolute. Brihad Aranyaka Upanishad I, III, 28.	64
3.	The breath of life, Prana. Atharva-Veda XI IV, with Gen. 1:1–2: Gen. 2:7; Wis. 1: 7.	73
4.	God's love is our salvation. Bhagavad Gita 18: 64–66	75
5.	God's true devotee. Bhagavad Gita 12: 13–16.	85
6.	Realization of the Inner light as the divine Indweller. Chandogya Upanishad III, 13. 7 and III, 14. 5	92
7.	A Prayer for the vision of God. Katha Upanishad V, 15 and Isha Upanishad 1, 17–18, with Revelation 21: 23 and 22: 5	100
8.	A Prayer for fearlessness and peace. Atharva-Veda XIX, 15; Rig-Veda VII, 66; John 14: 27; 16: 13; 20: 21[A], 22[B].	101
9.	The self, rider of the chariot. Katha Upanishad I, III, 3–8, with Matthew 7: 13–14.	102
10.	Life dedication; Bhakti and its fruits. Bhagavad Gita 9: 26–27.	113
11.	A Praise for the Light of Dawn. Rig-Veda VII, 81.	119
12.	The sacredness of food; the food that eats all beings. Taittiriya Upanishad II, 2, with John 6: 51, 54, 56–58.	128

13. The love of surrender to God.
Bhagavad Gita 18: 57–58, 61 and 63. 130

14. A Prayer for divine illumination.
Rig-Veda III, 62. 10; Gayatri Mantra and
Commentary of Maitri Upanishad VI, 7. 5. 146

15. The Saving Knowledge of God.
Svetasvatara Upanishad IV, 13–17, with Acts 17: 28 and
John 14: 23; 14: 19–21; 15: 12. 154

16. Praise with joy and fire.
Brihad Aranyaka Upanishad I, II, 1. 173

17. God experienced in His existential nature, as *He is*.
Katha Upanishad VI, 12–15, with Exodus 3: 13–14;
Hebrews 11: 6. 183

18. God's true devotee.
Bhagavad Gita 12: 17–20. 194

19. God is Joy.
Taittiriya Upanishad III, 6. 200

20. Creation and Sacrifice.
Brihad Aranyaka Upanishad I, II, 6–7. 214

BIBLIOGRAPHICAL NOTE

In Syriac

Ktobo d' Sloutho Shehimtho or The Book of Common Prayer Third Edition. The Mar Julius Press, Pampakuda. 686667, Kerala, India. 1968.

Penqitho d'Slouthe 'Ithonoithe d'lilio almon... or The Book of the Prayers of the Church, by night and by day, according to the Rite of the Antiochean Church of the Syrians. Mosul, Iraq. Seven Volumes in folio, 1886–1896.

In English

The Syrian Liturgies, as the Syrian Fathers, including Saint Ephrem, are not well served in English translations. Leaving apart here translations of the Qurbono and of some sacramental celebrations, there is the Book of Common Prayer, published in 1965: The Book of Common Prayer of the Syrian Church, translated into English by Bede Griffiths, monk of Kurisumala Ashram, Vagamon, 685503, Kerala, India replaced now by, Prayer with the Harp of the Spirit. Volume I, The Book of Common Prayer.

Recent good translations of individual hymns are found in Eastern Churches Quarterly 15 (1963), and Eastern Churches Review 1970-1976, now integrated with Sobornost.

There is a very good initiation to the prayer of St. Ephrem, Brochure No. 4 of Studies Supplimentary to Sobornost: Sebastian Brock, The Harp of The Spirit. Poems of St. Ephrem. Fellowship of St. Alban and St. Sergius, Canterbury Road, Oxford, U. K. 19/5. It has inspired the title of our book, as well as our own introduction.

On the Syrian tradition in the broader sense we recommend Mystic Treatises of Isaac of Niniveh. Translated by A. J. Wensinck, Amsterdam 1923, reprinted in 1972. Blackwell's, Oxford, Catalogue 1120/7, No. 3500207006.

Woodbrooke Studies by A. Mingana. Christian Documents in Syriac...,Seven Volumes. Cambridge, W. Heffer and Sons Limited, 1927-1934. Especially Volume VII Early Christian Mystics.

Bar Hebraeus, Book of the Dove. Translated by A. J. Wensinck, Leyden, E. J. Brill, 1919.

The Syriac Fathers on Prayer and the Spiritual Life. Introduced and Translated by Sebastian Brock. Cistercian Publications, Kalamazoo, Michigan, 1987.

"In accord with the acknowledged charism of the Eastern Churches, the mission and the work of the Holy Spirit stand out prominently... For those who are not familiar with the Eastern forms of prayer this book serves as a wonderful introduction."

Indian Theological Studies, Bangalore.

"This book is a beautiful example, in the field of liturgical prayer, of **aggiornamento** and adaptation to the Indian situation. It is faithful to its roots, yet not static. It opens up to the religious traditions of India, yet remains deeply Christian. It is Syrian in inspiration, yet universal in appeal... It keeps the fragrance of the poetry and spirituality of Saint Ephrem, especially attractive because of the important place it gives to the Mother of God... We think that this book, if used with Christian freedom, can enrich the prayer life not only of oriental monks for whom it is written, but also of all Christians, especially in our country."

Vidyajyoti, Delhi.

"The author acknowledges that the present version of The Book of Common Prayer of the Syrian Church reflects 25 years of prayer experience at Kurisumala Āshram, a community dedicated to fostering dialogue among Christian believers and monks, with the living faith of the people among whom they live, Hinduism, through prayer... Francis Acharya has sought for bread of life to satiate the yearning soul of India... He has freely used his sources, with striking effect reflecting the Christian freedom and creative genius of the great masters of liturgical prayer in the past... Apart from all doctrinaire appreciation, I can say as an Indian that I have used Prayer with the Harp of the Spirit for personal prayer with great relish and satisfaction.

Orientalia Christiana Periodica, Rome.